



STAFF WELL-BEING

Staff

Choose from 1 hour to a full day. Bespoke course to cater to your school needs.

Maybe add it to a mornings CPD creating a wellness day for staff

Choose from topics such as:

- *How to improve stress and anxiety*
- *Low energy levels/low moods*
- *Yoga to use at your desk*
- *Restorative yoga*
- *Mindfulness and meditation*
- *Breathing techniques*
- *Sound baths*

DESIGN YOUR OWN DAY

Choose one of our half-day courses and pair it with staff well-being

