



# ALL SORTS OF WELLNESS FOR THE WORKPLACE



Step in to pick and mix your options

# How it works

If your workplace is looking for a more individualised wellness programme, the all sorts of wellness options may be the solution.

You can pick and mix from a list of options that best suit your workplace wellness needs.

There are 10 options to choose from and these can be facilitated in person or online:

***Half day: 4 options to be selected***

***Full day: 6 options to be selected***

These are suggested sessions and a bespoke programme can be designed for your workplace.



# All sorts of Wellness

- **Guided Meditations** - Practical meditations for work and life to help ground and center.
- **Team retrospectives** - Facilitated discussion to explore team and work dynamics from the past to the present.
- **Managing the To Dos** – Practical techniques to explore and navigate procrastination and overwhelm.
- **Conscious communication** - Methods to communicate with awareness and navigate misunderstandings.
- **The Time Wheel:** A session that uses the Time Wheel Tool to see where time goes on what and if it needs changing.
- **Meditate & Create** – A session combining meditation with creative activities like drawing, painting or word play for creativity and awareness.



# All sorts of Wellness

- **Relaxation hacks** - A session to develop a personalised self-help toolbox to use throughout the day.
- **Working with Negative emotions** - Practical exercises to be compassionate with negative emotions to help respond rather than react.
- **Cultivating trust** - An exploration into what is trust within a team and practical ways to grow and maintain it.\*
- **Work with ease** - Methods to help work with ease and bring fun into the everyday.

---

*\*The Cultivating Trust session can be extended out to a half or full day session for teams where trust has broken down completely within a team.*



# Half day Option

Can be held online or in person and is 4 hours.

The sessions will be interactive to encourage individual & team reflection and insights.

What is included:

- **4 work sessions** - Choose four options from the list.
- **Option for bespoke sessions** - Can make a tailor made session for your workplace
- **Workbooks** - these are supplied to the attendees on the day and to their support ongoing personal development.
- **Discounts for 1:1 life coaching** - for all who attend, an optional free 1hr discovery call and 10% of a life coaching package is on offer (*paid for by the individual*).



# Full day Option

Can be held online or in person and is 6 hours.

The sessions will be interactive to encourage individual & team reflection and insights.

What is included:

- **6 work sessions** - Choose six options from the list.
- **Option for bespoke sessions** - Can make a tailor made session for your workplace
- **Workbooks** - these are supplied to the attendees on the day and to their support ongoing personal development.
- **Discounts for 1:1 life coaching** - for all who attend, an optional free 1hr discovery call and 10% of a life coaching package is on offer (*paid for by the individual*).



# Benefits

## Why Choose Wellness with Anand?

- ✓ **Practical & Engaging** – Not just theory, but actionable tools you and your team can use daily for their home and work life.
- ✓ **Tailored for Workplace Wellbeing** – Designed to support stress, overwhelm, creativity blocks, or focus challenges.
- ✓ **Pick and mix options** – Pick and mix options best suited for you and your team.
- ✓ **Experienced Facilitation** – Expertise in facilitating meditations, coaching exercises, and team building to small and large groups.

*I look forward to working with you on this wellness journey so your teams can work with more purpose and harmony*



# About Wellness with Anand

I draw from my HR and coaching experience in the corporate world, and bridge it with the meditative world, to support individuals and groups to enhance their inner and outer life.

You can learn more about my experience and trainings on my website.

I welcome the opportunity to discuss and explore a workplace wellness programme with you in more detail. You can connect with me at:



+ 353 (0)86 348 3461



[wellnesswithanand@gmail.com](mailto:wellnesswithanand@gmail.com)



[www.wellnesswithanand.com](http://www.wellnesswithanand.com)

