

Roots

H O L I S T I C H E A L I N G

Corporate Wellbeing

'A complete wellbeing and wellness programme for your working community'

www.rootsholistichealing.co.uk enquiries@rootsholistichealing.co.uk

Nicola - 07815 624 404 Jayne - 07900241936

Transform Staff Well-being with Our Expert-Led Wellness Sessions

At Roots Holistic Ltd, we understand that the wellbeing of your employees is paramount to the success of your organisation. We are excited to introduce our comprehensive corporate wellbeing packages, specifically designed to cater to the unique needs of your team. Our programs are crafted to promote physical, mental, and emotional wellness, ensuring a healthier, happier, and more productive workplace.



Jayne



Nicola

Why Choose Roots Holistic Ltd?

- Tailored Wellness Programs: We recognise that each organisation has its own unique culture and challenges. Our wellbeing packages are customised to align with the specific needs and goals of your company.
- Holistic Approach: Our programs address the complete spectrum of employee wellbeing, including physical health, mental resilience, and emotional balance.
- Expert Team: Our team of wellness professionals are all dedicated to providing top-notch care and guidance.



Our Wellbeing Packages

1. Mental Wellness:

- Mindfulness and Meditation: Techniques to reduce stress and enhance focus.
- Mental Health Workshops: Sessions on managing stress, anxiety, and work-life balance.

2. Emotional Wellness:

- Team-Building Activities: Engaging exercises to strengthen team cohesion and morale.
- Resilience Training: Programs to build emotional strength and adaptability.
- Work-Life Balance Coaching: Strategies to harmonise professional and personal life.

3. Program Benefits

- Increased Productivity: Healthy employees are more focused, energetic, and efficient.
- Reduced Absenteeism: Improved health leads to fewer sick days and better overall attendance.
- Enhanced Employee Engagement: Investing in employee wellbeing boosts morale and loyalty.
- Positive Company Culture: A holistic approach to wellness fosters a supportive and thriving workplace environment.



Package Pricing

Packages are based on 10 attendees, additional places will be charged at £20 per person

There will be an additional charge of £50 per hour if sessions are booked to take place at Roots' premises – options can be negotiated and arranged at consultation

Catering can be provided if session takes place at our premises – only the best local suppliers and produce will be used for our catering packages

Bronze	<ul style="list-style-type: none">• 2 Members of Roots staff• 2hr wellness session• Meditation/ targeted activities/ emotional support/ mindfulness• All resources provided• Catering can be provided if session takes place at our premises	£300.00
Silver	In addition to the bronze package, our silver package also includes: <ul style="list-style-type: none">• 1 extra hour (3hrs)	£450.00
Gold	In addition to the silver package, the gold package also provides: <ul style="list-style-type: none">• 1 extra hour (4hrs)• Group Healing Session (Reiki, Crystal Reiki, Sound Healing)	£650.00
Platinum	In addition to the gold package, the platinum package also provides: <ul style="list-style-type: none">• 2 extra hours (6hrs)• 1 hr Specialist Session (Options: Sound Bath, Yoga, Mindful Movement, Cacao Ceremony)	£900.00

All packages can be tailored to suit your organisation's specific requirements.

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Get Started Today!

Transform your workplace with Roots Holistic Ltd's corporate wellbeing packages. Let us help you create a healthier, more vibrant workplace where employees can thrive.

Contact us to schedule a consultation and learn more about how our tailored wellness programs can benefit your organisation.



Cultivating Wellbeing, Nurturing Success

**Contact us today to arrange a free consultation
to discuss your requirements**

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