

C O P E R A T E P A C K A G E S

INNER SHINE

WELLBEING SUPPORT FOR YOUR BUSINESS





ABOUT MICHELLE

For many years, my career was rooted in design and creativity. I worked in the design industry, developing ideas, creating products and bringing concepts to life. But alongside my creative career, I always felt there was another part of me that wanted to work more directly with people — to understand them, connect with them and help them feel better, particularly during challenging times in their lives.

That feeling eventually led me to discover Reiki. What began as a personal interest became a turning point for me. Learning Reiki opened up a completely different understanding of wellbeing, emotions and the connection between how we feel and how we live.

During the Covid pandemic, I discovered EFT (Emotional Freedom Techniques), and I experienced first-hand how powerful it could be in helping to manage stress, fear and difficult emotions. I was so impressed by the difference it made for me that I knew I wanted to understand it more deeply — so I trained as an EFT practitioner. From there, my curiosity continued to grow. I became fascinated by the connection between the mind and body and went on to train in auricular therapy, using the ear as another way of supporting emotional and physical wellbeing.

Over time, my two worlds — creativity and wellbeing — began to come together. I realised that the skills I had developed throughout my career in design, alongside my training in EFT, Reiki and auricular therapy, could be used in a very different way: to help people navigate change, overcome limiting beliefs, manage difficult emotions and reconnect with themselves.

Today, my work is about **transformation**.

I work with individuals and organisations to support wellbeing, resilience and positive change. Whether someone is going through a particularly difficult period, feeling overwhelmed, stressed, anxious, stuck, or simply wants to make meaningful changes in their life, I create a safe, supportive and practical space for that process.

My approach is warm, down-to-earth and person-centred. I believe that sometimes we don't need to become a completely different person — we simply need the right tools and support to reconnect with the person we already have within us.

And that's ultimately what brought me here: a lifelong passion for creativity, a genuine interest in people, and a desire to help others feel lighter, stronger and more empowered to move forward.

WHAT IS EFT TAPPING



EFT, OR EMOTIONAL FREEDOM TECHNIQUE, IS A SIMPLE YET POWERFUL APPROACH THAT COMBINES GENTLE TAPPING WITH FOCUSED CONVERSATION TO HELP YOU WORK THROUGH EMOTIONS, STRESS AND LIMITING BELIEFS. EFT CAN SUPPORT YOU WITH:

- ANXIETY & OVERWHELM
- GRIEF & SADNESS
- FEARS & PHOBIAS
- TRAUMA & CHILDHOOD TRAUMA
- PTSD
- LOW SELF-ESTEEM
- FEELING LOST OR STUCK
- CRAVINGS
- FAMILY ISSUES
- EMOTIONAL BLOCKS
- UNWANTED BEHAVIOIRS AND PATTERNS
-

OFTEN DESCRIBED AS *TAPPING*, EFT INVOLVES GENTLY TAPPING ON SPECIFIC POINTS ON THE FACE AND BODY WHILE BRINGING YOUR ATTENTION TO A PARTICULAR THOUGHT, FEELING OR EXPERIENCE & TALKING ABOUT IT. THIS CAN HELP YOU SLOW DOWN, BECOME MORE AWARE OF WHAT YOU'RE FEELING AND CREATE SPACE FOR A DIFFERENT PERSPECTIVE.

I USE EFT TO HELP PEOPLE EXPLORE THE EMOTIONS AND BELIEFS THAT MAY BE KEEPING THEM STUCK – WHETHER THAT'S ANXIETY, OVERWHELM, FEAR, LOW SELF-BELIEF, DIFFICULT EXPERIENCES OR PATTERNS THEY'RE READY TO CHANGE.

THE BEAUTY OF EFT IS THAT IT WORKS WITH **WHERE YOU ARE NOW**, RATHER THAN ASKING YOU TO SIMPLY THINK POSITIVELY OR PUSH DIFFICULT EMOTIONS AWAY. TOGETHER, WE GENTLY UNCOVER WHAT'S UNDERNEATH, WORK THROUGH IT AND CREATE THE POSSIBILITY FOR SOMETHING DIFFERENT. MY APPROACH IS WARM, SUPPORTIVE AND COMPLETELY NON-JUDGEMENTAL. YOU DON'T HAVE TO HAVE EVERYTHING FIGURED OUT BEFORE YOU BEGIN.

SOMETIMES, A SMALL SHIFT IN THE WAY YOU FEEL CAN CREATE A MUCH BIGGER SHIFT IN THE WAY YOU SEE YOURSELF, YOUR LIFE AND WHAT'S POSSIBLE.

WHAT IS REIKI

Reiki is a gentle, deeply relaxing practice that gives you the opportunity to slow down, switch off and reconnect with yourself. In a world where we are often rushing from one thing to the next, a Reiki session can provide valuable space to simply pause and be. It involves the practitioner using light touch over certain points of the body or working just above the body to encourage a state of balance and relaxation. People often experience Reiki as a calming and restorative treatment, and may find that it helps them to:

- Reduce stress and feelings of overwhelm
- Relax deeply and quiet a busy mind
- Feel calmer and more grounded
- Support emotional balance and wellbeing
- Create space to process emotions
- Reconnect with themselves and their inner sense of calm
- Feel more centred and present
- Support rest and relaxation
- Take time away from the demands of everyday life
- Develop greater self-awareness and mindfulness
- Feel lighter, refreshed and renewed

Reiki can be particularly comforting during times of change, emotional difficulty or when life simply feels like a lot.

I often recommend Reiki as a gentle starting point for anyone who is ready to let go of behaviours, beliefs & everyday stresses that have been holding them back.

At Inner Shine Healing, Reiki is offered as a complementary wellbeing practice alongside other holistic approaches, supporting you as you move towards greater balance, self-awareness and emotional wellbeing.



WHAT IS NADA

NADA Protocol

The NADA Protocol is a gentle form of auricular therapy that uses five small, sterile needles placed at specific points on the outer ear. It is designed to support relaxation, emotional balance and a greater sense of calm.

The treatment is quiet and simple, allowing you to relax while the needles remain in place. Many people find it a grounding and restorative experience, particularly during times of stress, overwhelm or emotional change.

NADA may support:

- Addiction recovery and recovery from substance use
- Stress and overwhelm
- Relaxation and a greater sense of calm
- Emotional balance
- Feelings of anxiety and tension
- Sleep and rest
- Emotional resilience
- Grounding during times of change or emotional difficulty
- Overall wellbeing and relaxation

Ear Seeds

Ear seeds are a gentle, non-invasive form of auricular acupressure. Tiny seeds or beads are placed on specific points of the outer ear and can be gently pressed or massaged throughout the day.

They provide a simple way to continue your wellbeing practice between sessions and may help encourage relaxation, calm and self-awareness.

Ear seeds are comfortable to wear and can be used as part of a wider holistic approach to supporting emotional and physical wellbeing.



WHAT I OFFER BUSINESSES

- 01 Lunch and learn 1hr workshop
- 02 Half day wellbeing day
- 03 Full day wellbeing day
- 04 Monthly membership options



LUNCH AND LEARN

A 1 HOUR WORKSHOP ON OR IN PERSON

60-Minute Wellbeing Workshop

A practical, interactive session designed to help your team understand stress and overwhelm and discover simple tools they can use to feel calmer, more grounded and in control.

During this one-hour workshop, your team will:

- Learn how stress and overwhelm can affect the mind and body
- Discover simple breathing and grounding techniques
- Be introduced to EFT tapping and experience a guided group tapping session
- Learn practical techniques for managing everyday pressure
- Create their own simple 5-minute reset routine
- Finish with a guided relaxation to leave feeling calm and recharged

No previous experience of EFT or wellbeing practices is required.

Your team will leave with:

Practical tools • New techniques • A greater understanding of stress • A simple personal reset routine

Investment: £295

Online or in person

Suitable for groups of up to 25 employees.

Larger groups and bespoke workshops available on request.



THE WORKPLACE RESET

A **half-day** wellbeing workshop to help your team manage stress, reduce overwhelm and build everyday resilience.

Modern working life can be demanding. The Workplace Reset gives employees practical tools they can use to manage stress, regulate emotions and create moments of calm during busy working days.

This relaxed, interactive workshop combines practical wellbeing education with simple techniques inspired by EFT, mindfulness, breathwork and nervous-system regulation.



INVESTMENT HALF-DAY WORKPLACE RESET From £695

Suitable for groups of up to 20 employees.

Workshops can be delivered **at your workplace or online**, with content adapted to suit your organisation and team.



WHAT YOUR TEAM WILL LEARN

Understand stress

Learn how stress affects the mind and body and recognise your own early warning signs of overwhelm.

Practical calming techniques

Discover simple breathing, grounding and relaxation techniques that can be used at work or at home.

Learn EFT tapping

Experience a simple EFT technique designed to help manage everyday feelings of stress, pressure and overwhelm.

Build resilience

Explore practical ways to look after your wellbeing, create healthier boundaries and make time for recovery.

Create your own reset plan

Each participant leaves with a personalised set of techniques they can use when they need to pause, reset and recharge.

THE INNER SHINE WORKPLACE RESET



Investment: from £995



A FULL-DAY WELLBEING EXPERIENCE FOR YOUR TEAM
PAUSE. RESET. RECHARGE. TRANSFORM.

During the day, your team will:

- ✨ Learn practical tools to cope with stress and overwhelm
Discover simple techniques they can use at work or home when they're feeling stressed, anxious, overwhelmed or under pressure.
- ✨ Experience EFT tapping
Learn how EFT can be used as a simple self-help tool to calm the mind, release emotional tension and shift unhelpful thought patterns.
- ✨ Learn grounding and breathing techniques
Simple practices to help bring the body and mind back to a calmer state.
- ✨ Explore resilience and self-belief
Understand how limiting beliefs and old patterns can affect how we respond to challenges, and learn ways to create more positive responses.
- ✨ Take time to properly relax. Experience guided relaxation, mindfulness and Reiki to create space to slow down and recharge.
- ✨ Discover ways to create better boundaries
Explore practical ways to manage busy periods, protect your energy and create more balance.
- ✨ Create your own personal reset toolkit
Leave with a collection of simple techniques you can continue using long after the day is over.

Your team will leave feeling:

Calmer • More confident • More equipped • Recharged • Supported

Available for up to 20 employees. Bespoke packages can be created for larger teams.

MONTHLY MEMBERSHIPS

Workplace Wellbeing Partnerships

Ongoing wellbeing support for your team

Wellbeing isn't just about one day a year. The Inner Shine Workplace Wellbeing Partnership provides your employees with ongoing access to practical wellbeing support throughout the year.

From quick 20-minute Reiki resets to deeper one-to-one EFT sessions, each package is designed to give employees practical tools and personalised support to help them manage stress, overwhelm and the pressures of everyday life.



THE PACKAGES

Packages to suit the size of your organisation

BRONZE **Essential Wellbeing**

For businesses with up to 10 employees
A simple way to introduce regular wellbeing support into your workplace.

Every month your team receives:

1 x 60-minute group wellbeing workshop

A different practical wellbeing topic each month, such as:

- Managing stress & overwhelm
- EFT for everyday stress
- Building resilience
- Confidence & self-belief
- Boundaries & balance
- Relaxation & switching off

1 x 60-minute one-to-one EFT session

A private, personalised session providing employees with time and space to work more deeply with something they are experiencing.

2 x 30-minute Reiki reset sessions

Short, calming sessions designed to give employees the opportunity to pause, relax and recharge.

Monthly wellbeing resource

A practical resource employees can use independently, such as a guided relaxation, EFT exercise, grounding technique or 5-minute reset.

Investment
£295 per month
Equivalent to £29.50 per employee per month based on 10 employees.

SILVER **Ongoing Employee Wellbeing**

For businesses with up to 20 employees
Our most popular package, providing a balance of group wellbeing, personalised support and regular opportunities to pause and reset.

Every month your team receives:

1 x 60-minute group wellbeing workshop

Practical, interactive wellbeing sessions covering a variety of workplace wellbeing topics.

2 x 60-minute one-to-one EFT sessions

Deeper, personalised support for employees who would benefit from dedicated time to work through stress, overwhelm, limiting beliefs or other challenges.

8 x 20-minute Reiki reset sessions

Short individual sessions giving employees an opportunity to relax, recharge and take some time away from the pressures of the working day.

Monthly wellbeing resource

Including EFT exercises, guided relaxation, grounding techniques and practical stress-management tools.

Leeds-based businesses

Where appropriate, in-person sessions can include NADA/auricular therapy and ear seeds as an alternative wellbeing experience.

Investment
£595 per month
Equivalent to £29.75 per employee per month based on 20 employees.

MOST POPULAR

GOLD **Complete Workplace Wellbeing**

For businesses with up to 20 employees
A comprehensive wellbeing partnership providing your team with ongoing access to group learning, personalised support and regular workplace wellbeing experiences.

Every month your team receives:

1 x 60-minute group wellbeing workshop

A tailored programme of practical wellbeing topics throughout the year.

4 x 60-minute one-to-one EFT sessions

Dedicated sessions allowing employees to explore and work more deeply with stress, overwhelm, confidence, limiting beliefs and emotional challenges.

12 x 20-minute Reiki reset sessions

Quick, accessible wellbeing sessions designed to help employees pause, relax and recharge.

Monthly wellbeing resource

Practical tools employees can continue using independently.

PLUS

A quarterly Half-Day Workplace Reset.

A dedicated wellbeing experience delivered within your organisation, combining practical stress-management tools, EFT, relaxation and resilience work.

Leeds-based businesses

Quarterly wellbeing experiences can also incorporate NADA/auricular therapy and ear seeds, where appropriate.

Investment
£995 per month
Equivalent to £49.75 per employee per month based on 20 employees.



REIKI



EAR SEEDS

YOUR FLEXIBLE WELLBEING ALLOWANCE

WE UNDERSTAND THAT NOT EVERY EMPLOYEE WILL NEED THE SAME TYPE OF SUPPORT EVERY MONTH. YOUR MONTHLY PACKAGE THEREFORE INCLUDES A FLEXIBLE ALLOCATION OF WELLBEING SESSIONS. EMPLOYEES CAN ACCESS THE SUPPORT THAT'S MOST APPROPRIATE FOR THEM.

QUICK RESET
20-MINUTE REIKI

FOR EMPLOYEES WHO SIMPLY NEED SOME TIME TO PAUSE, RELAX AND RECHARGE.

DEEPER SUPPORT
60-MINUTE EFT

FOR EMPLOYEES WHO WOULD BENEFIT FROM DEDICATED ONE-TO-ONE SUPPORT.

TEAM WELLBEING
GROUP WORKSHOPS

PRACTICAL SESSIONS DESIGNED TO GIVE YOUR WHOLE TEAM TOOLS THEY CAN USE THEMSELVES.

FOR THE **LS** POSTCODE AREA ONLY IN-PERSON SUPPORT
NADA/AURICULAR THERAPY & EAR SEEDS

AVAILABLE AS AN ADDITIONAL WELLBEING OPTION FOR ELIGIBLE LEEDS-BASED WORKPLACES.

FLEXIBILITY THAT WORKS FOR YOUR BUSINESS

WE DON'T EXPECT EVERY SESSION TO BE USED EVERY MONTH.

UNUSED INDIVIDUAL SESSIONS CAN BE CARRIED FORWARD FOR ONE ADDITIONAL MONTH, SUBJECT TO AVAILABILITY. TO KEEP THE SERVICE FAIR AND MANAGEABLE, SESSIONS CANNOT BE ACCUMULATED INDEFINITELY.

WHERE APPROPRIATE, AN UNUSED EFT SESSION CAN ALSO BE EXCHANGED FOR ADDITIONAL SHORTER WELLBEING SESSIONS SUCH AS REIKI OR EAR SEEDS ALLOWING MORE EMPLOYEES TO BENEFIT.

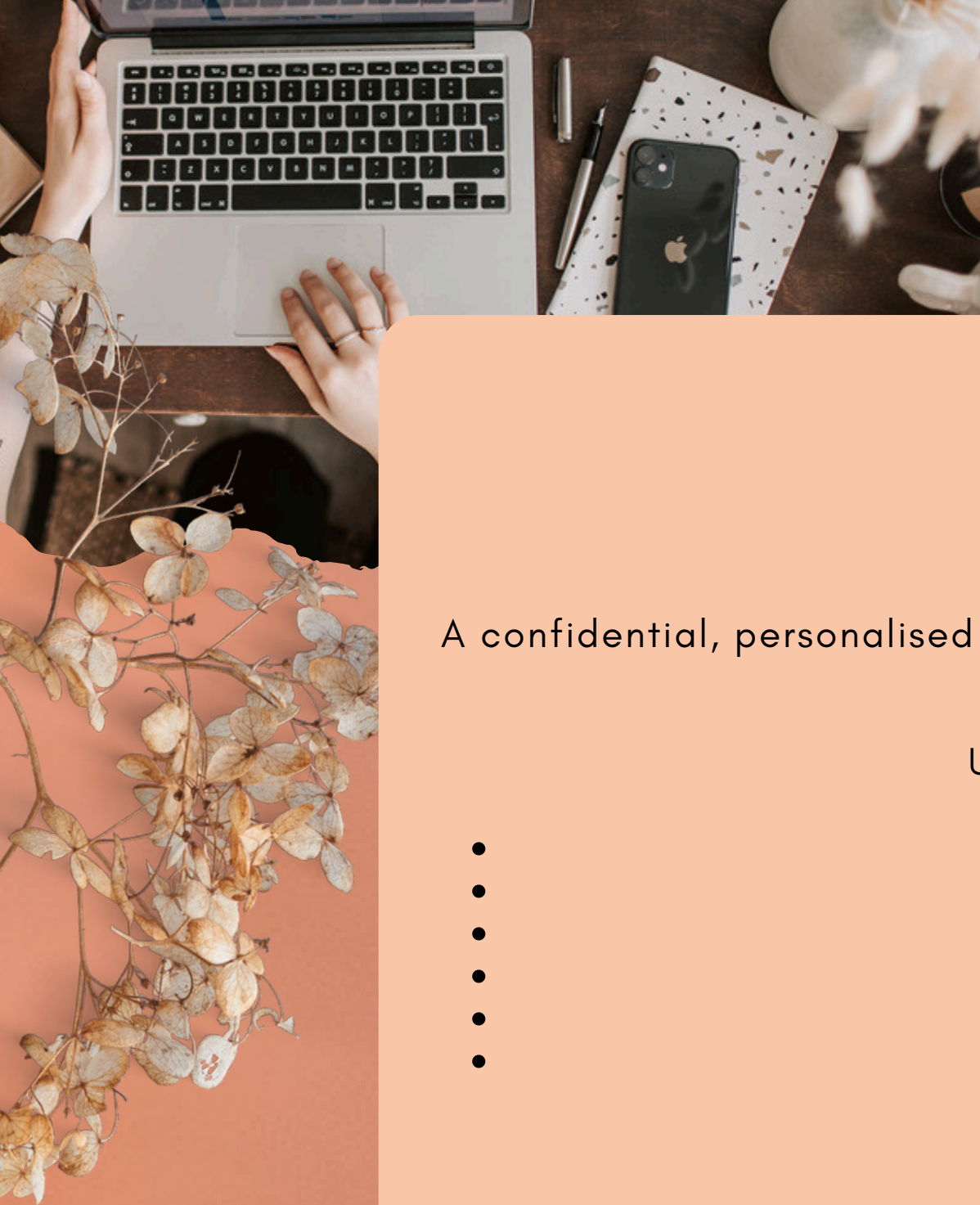
ALL APPOINTMENTS ARE SUBJECT TO AVAILABILITY AND MUST BE BOOKED IN ADVANCE.



NADA



REIKI



✨ EXECUTIVE MEMBERSHIP

Leadership & Executive Wellbeing
From £1,295 per month
Designed for up to 5 senior leaders

A confidential, personalised wellbeing service for those carrying significant responsibility within an organisation.
Every month:

5 × 60-minute confidential one-to-one sessions
Using EFT and wellbeing support to help leaders manage:

- Workplace pressure
- Stress & overwhelm
- Confidence
- Boundaries
- Emotional resilience
- Switching off
- Maintaining wellbeing during demanding periods

5 × 60-minute Reiki reset sessions
For relaxation, recovery and time to pause.

1 × 60-minute leadership wellbeing session
A dedicated session focusing on resilience, wellbeing, boundaries and maintaining balance in demanding roles.

Investment
From £1,295 per month
Bespoke packages can be created depending on the size and needs of your leadership team.



WHY CHOOSE A MEMBERSHIPS

CONFIDENTIALITY

One-to-one sessions are private and confidential.

The organisation will not receive personal information about what an employee discusses during their session.

Where requested, Inner Shine can provide anonymous, general feedback about programme participation and employee experience.

WHAT YOUR EMPLOYEES WILL GAIN

Through an Inner Shine Workplace Wellbeing Partnership, your employees can:

- ✓ Learn practical tools to manage stress and overwhelm
- ✓ Develop techniques they can use independently
- ✓ Experience EFT tapping as a self-regulation tool
- ✓ Have dedicated time to pause and recharge
- ✓ Access personalised wellbeing support
- ✓ Explore resilience, confidence and self-belief
- ✓ Learn techniques for better boundaries and balance
- ✓ Build a personal wellbeing toolkit they can use at work and at home

THE OPTION OF 3 MONTH, 6 MONTH OR 1 YEAR OF WELLBEING SUPPORT

Rather than offering a one-off wellbeing event, Inner Shine becomes an ongoing wellbeing resource for your organisation.

Practical support. Personalised experiences. Tools for everyday life.

TO BOOK OR DISCUSS
FURTHER

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INNER SHINE
HELPING YOUR PEOPLE FEEL THEIR
BEST.

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