

# Corporate Team Building And Self Care Days

## Self Care Workshop



Would you like to increase your knowledge and understanding of personal self-care practices and learn practical skills for better wellbeing?

Join us for a unique self-care workshop, where we will equip your employees with simple self-care practices to help them feel empowered, supported and relaxed.

Our workshops include guided meditation, information on avoiding burnout, stress and self care, plus realistic take away techniques and activities.

### Cost

£300 online up to 20 people, 1.5 hours  
£400 face to face up to 15 people, 2 hours

