



CASE STUDY: MOTORPOINT HEAD OFFICE

NATURE-BASED WELLBEING SESSIONS

Calm in the Wild specialises in nature-based, neuroinclusive wellbeing sessions for workplaces.

Client: Motorpoint Head Office (Derby)
Type of work: Nature-based staff wellbeing programme

Format: 2 Mindful Woodland Walks & 2 Woodland Wellbeing Sessions
Duration: 4 half-day sessions (Summer '25)

CONTEXT

Motorpoint's head office team had been through a challenging period:

- significant organisational change
- redundancies
- shifting roles and responsibilities
- widespread uncertainty and stress

The People Team wanted to offer staff a supportive, grounding experience - something outside the usual wellbeing webinars and PowerPoints. They approached Calm in the Wild to design sessions that would help staff step away, reset, and reconnect.

WHAT WE DELIVERED

1. Mindful Woodland Walks

A gentle, accessible combination of:

- slow, mindful walking
- grounding practices
- simple, sensory invitations (forest bathing style)
- time to talk or walk quietly
- tea and a snack outdoors

2. Woodland Wellbeing Sessions

A deeper, restorative woodland experience, including:

- grounding exercises
- breathing and visualisation
- nature-based therapeutic strategies
- campfire snack (crumpets were a surprise hit)
- creative crafting.

The sessions were designed to be calm, gently structured, neuroinclusive, pressure free, and welcoming for stressed, overwhelmed or anxious team members

IMPACT

Across all four sessions, staff consistently reported:

An Emotional Shift:

- "Relaxed."
- "At peace."
- "De-stressed and calm."
- "Calm and energised at the same time."

A Cognitive Shift:

- "Focused."
- "Surprised how much you notice when you stop."
- "Time to get out of your own head."

A Behavioural Shift:

- "I really enjoyed sitting with no phone - just sounds."
- "Surprised how present I could be."
- "Surprised how much I enjoyed being creative with nature."

Connection and morale:

- "Very enjoyable."
- "Loved the campfire."
- "I feel lighter."
- "Great session - lovely lady!"

AND THE BIGGEST METRIC OF ALL:

100% said they would recommend the session to a colleague.

(Not one negative comment. Not one neutral comment. Every response was positive)

KEY OUTCOMES FOR MOTORPOINT:

- immediate stress reduction
- improved mood across every session
- deeper team connection
- meaningful time outdoors for people who rarely access nature
- staff able to switch off and reset
- a shared experience of calm in a time of organisational turbulence
- renewed focus

TESTIMONIAL

Every participant said they would recommend the session to a colleague.

Feedback included: "I feel calmer", "I feel lighter", "I feel focused", "Surprised how much I enjoyed being creative"