



WORK WELL
PRACTICE

Promoting a happier, healthier workforce



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The Work Well Practice promotes better physical and mental health in the workplace through on-site mindfulness courses and a wide range of workshops - from building resilience and tackling anxiety to massage and workplace chair yoga.

There are many benefits of adopting a healthy lifestyle and habits.

For employees:



Greater job satisfaction



Higher morale



More engaged



Better physical & mental health

For employers:



Higher retention rates



Less absenteeism & presenteeism



Higher productivity



Fulfil legal requirements

A happy, healthy workforce is good for employees and employers.

*BUPA, Workplace Health - A Worthwhile Investment, 2010.

workwellpractice.co.uk

FOR EVERY
£1
SPENT ON HEALTH
INITIATIVES EMPLOYERS
GET AN AVERAGE ROI OF
£4.17*



Work Well courses and workshops

Work Well founder and mindfulness coach Samantha Culshaw-Robinson has developed a wide range of on-site and 121 courses and workshops to improve employees' mental and physical health and wellbeing.

Courses

Introduction to Mindfulness

During this 1-hour course, participants learn about the relaxing practice of mindfulness to help them feel more positive, focused and fulfilled. It also equips them with the tools they need to achieve long-lasting calm and includes:

- + What mindfulness is and is not
- + A calming mindfulness meditation
- + The benefits of mindful practice (with scientific evidence)
- + A powerful 3-minute breathing space downloadable MP3

“I am very pleased to recommend Samantha Culshaw-Robinson for her expertise in helping to reduce stress in the workplace and her skills as a hypnotherapist.”

PAM EDWARDS, OWNER AT PHOENIX RISING

Mindfulness Based Stress Reduction (MBSR) & Mindfulness Based Cognitive Therapy (MBCT)

These 8-week courses introduce participants to a range of mindfulness meditation practices. By increasing awareness of their minds, bodies, thoughts and emotions, participants learn how to be more present and overcome a range of psychological issues.

How do they work?

The MBSR course presents Buddhist meditation techniques in a secular format and teaches attendees new ways of responding to their thoughts and feelings to enhance their lives.

The MBCT course was designed specifically to prevent the relapse of depression and combines mindfulness strategies from the stress reduction course with key aspects of Cognitive Behavioural Therapy (CBT).

Key benefits

Both courses have proved successful in tackling chronic pain, stress, depression, anxiety, exhaustion and burn-out. They have been widely tested and proven effective in clinical trials around the world and are approved and recommended by NICE (the National Institute for Clinical Excellence).

Course details

-  8 weekly 2-hour sessions
-  Groups of up to 12 people
-  Work with each other to provide guidance & support
-  One full day of mindfulness practice

*PricewaterhouseCoopers - Building the Case for Wellbeing, 2008.

PROMOTING GOOD
HEALTH AT WORK
LEADS TO A

25-40%

DROP IN
ABSENTEEISM*



Workshops

We offer a wide range of group and 121 sessions at our treatment room in Nottingham.

Employees can choose to pick 'n' mix any combination from:

- + Resilience Building**
Learn how to cope with life's ups and downs.
- + Retrain Your Brain**
Change your life through self-hypnosis.
- + Tackling Anxiety**
Overcome anxious thoughts for a happier life.
- + Creative Focus**
Access your subconscious mind to unleash your creativity.
- + Stress & Anxiety**
121 hypnosis to overcome unwanted thoughts and feelings.
- + Stop Smoking**
Become a non-smoker through hypnosis and acupuncture.
- + Chair Yoga**
Apply the calming principles of yoga at your desk.
- + On-site Massage**
Treat your muscular aches and pains, improve posture and heal injuries.
- + Healing Meditation**
Harness the power of your mind to heal yourself.
- + Mindful Eating**
Improve your eating habits through mindfulness.
- + Weight Loss**
Lose weight and keep it off for good with hypnosis and mindful eating.

91m
WORK DAYS ARE
LOST DUE TO MENTAL
HEALTH ISSUES
EVERY YEAR*

*CIPD - Absence Management: Annual Survey Report 2015.

About us

Samantha Culshaw-Robinson is an NHS-trained mindfulness coach, clinical hypnotherapist and workplace wellbeing consultant, she set up the Work Well Practice in 2014.

Since then, Samantha has gained an MSC in Workplace Health and Wellbeing at the University of Nottingham. She works with businesses throughout Nottingham and the East Midlands to improve employees' health and wellbeing.



SAMANTHA CULSHAW-ROBINSON
MSC CERT ED (FE) DIP HYP

“I found the session an excellent way to unwind and unclutter. By focusing on techniques to relax and take stock of difficult situations Sam has given me the ability to refocus my mind, teaching me techniques to keep calm and composed when it's needed most.”

PAUL WREAVES, BUSINESS COACH

Contact us

To book a free strategy call and find out how we can help you make positive changes:

Call 07522 277722

Email Sam@workwellpractice.co.uk



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