



Feel Good Friday

Time together to relax & unwind at the end of your week

Team mental health matters...

- Give yourself & your team a chance to be away from working in or on the business
- Being away from screen time will enable the team to refresh and refocus their minds
- Learning new concepts & ideas together in a relaxed way helps team members bond
- Building a healthy team takes time, we offer this 60 minutes session so it fits around your working day (plus get in and out time).



What you need...

- Enough comfortable chairs or sofas in a quiet space for your team to easily, sit comfortably for up 60 minutes
- Wifi access code
- Use of a slide projector, with laptop, hook up & white board/surface for projecting onto, & flipchart with paper.
- Invite your team to bring a blanket to keep warm & some water to stay hydrated

Take care of your overall well-being

Learn more about...

- how your brain works
- what triggers stress
- how being relaxed helps access your imagination, to create better ideas



Better care & wellbeing at work means different things to each team member. Your team will leave feeling more calm, relaxed and refreshed... a perfect end to your week.



SOLUTION FOCUSED HYPNOTHERAPY DSFH HPD

For more information text or call Anna 07484 184 292
Email enquiries@your-roots-go-deep-hypnotherapy.com

RELAX - REFRAME - REDISCOVER THE REAL YOU



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Team feedback

"We had a 60-minute session with Anna, and it really changed how I react to my own thinking. The way Anna described the primitive side of the brain to the modern-day impression of one was fantastic. The final part of the session, which included relaxation, was also majorly beneficial to the rest of my working day and allowed me to reach for my full potential."

Jack, IPPresents 04/03/2022

I loved Anna's session because it was so calming and relaxing, it really made me feel so much better in myself. I would 100% recommend Anna's sessions to family, friends and colleagues! Thank you Anna for the amazing session you did for us!

Beth, IPPresents 04/03/2022

What is in your package?

A session for up to 12 team members, including;

- **Planning calls** up to 1 hour
- **Site visit** - up to 30 minutes
- **Get in** - 30 mins
- **Session delivery** - 60 minutes
- **MP3 relaxation track** for all attendees
- **Get out** - 30 mins
- **Follow call to review/discuss next steps** - 30 mins

Call Anna on 07484 184 292 to discuss how we can help your team flourish

Commissoner feedback

- "I have slept so much better since the session."
- "We are going to be investing in these sessions every month, if not every week."
- "We definitely could see this for all the tenants in our hub office community"

Helen & Sandra, directors, IPPresents, Liverpool

"A consistent approach will help to engage more of your workforce with wellbeing and maximise your return on investment. "

Westfield Health report, 2022

We can make sessions bespoke for bigger groups - - - ask us!

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