



Vicki Witherick
Meditation · Energy · Healing

Wellbeing In The Workplace

Encourage your workforce to learn natural and versatile tools to benefit their mental health.

www.vwmwellbeing.co.uk



Hello, I'm Vicki, a fully qualified and insured Wellbeing Therapist based in Hertfordshire

Passionate about supporting people with their mental health and natural holistic tools

Transform Your Workplace

- ▶ Teach your staff valuable tools to manage stress and create a positive sleep routine
- ▶ Reward your staff with self care time
- ▶ Teach your staff ways to increase focus & confidence, using mindfulness & meditation
- ▶ Experience deep relaxation and rejuvenation with your work team
- ▶ Nourish your staffs mental health
- ▶ Reduce the amount of sick days taken
- ▶ Improve productivity of the whole team



Available In Your Workplace

- ▶ Live work shops delivered via zoom, perfect for lunch time viewing and mental health awareness , available virtually to the whole team. **£250-£500**
- ▶ Sound bath and meditation session, delivered in person. Perfect for a large or small team wanting to experience deep relaxation and rejuvenation. Great team experience. **£1000**
- ▶ On line training packages for your staff to view and for you to keep, with easy to follow presentations and videos to teach your staff how to implement self care into everyday life to improve mental health. **Price based on company size/per person**



4 Core Mental Health & Wellbeing Subjects Offered

1: Introduction To Mindfulness

2: Introduction To Meditation

3: Stress Management

4: Sleep Management

Virtual sessions and training packages are available to buy as an individual or multi package & can be shared virtually with the whole team, terms and conditions apply

Recent Feedback

- ▶ “Vicki grounded me completely , I felt connected to myself and totally at peace” **SW Herts**
- ▶ “Relaxing meditation session , made me tune into my inner thoughts and then let them go” **JW Beds**
- ▶ “I feel so fresh but peaceful now after Reiki, It has relieved a lot of stress and tension that I had build up over the last few weeks, I can not wait to come back soon” **EL Herts**
- ▶ “Vicki is an amazing and passionate teacher at what she does. She instantly puts you at ease and gears each session to your need . teaching tools to work on at home, I always end the session feeling totally relaxed and calm and would highly recommend her” **RH Herts**
- ▶ “Just finished CBT course, what an eye opener I really loved it, did everything I wanted and more. Vicki has a calming and empathetic way which was perfect for me, highly recommended” **JC Herts**



BOOK NOW

Available For You

For All **Corporate Packages** Please **Contact Me** For Availability & Payment

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