



Catalogue of Corporate Wellness Programs

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Returning Happiness to your Workplace.

Feeling Focussed, Alert, Motivated & Engaged.

The Mindfulness Workshops and the 8 Week Accredited Mindfulness Based Living Course are taught online over zoom directly by Mia or delivered face to face in the workplace, in line with current Covid-19 Regulations.

Therapies are delivered as direct contact services within the workplace, space permitting.



1. 45 Minute Mindfulness Workshops

- In this workshop, participants will be introduced to what Mindfulness is and why we practise it.
 - There will be a brief talk about the research into the benefits of Mindfulness in the workplace: what these benefits are for the employee and organisation and how large Corporate organisations around the globe are benefitting from rolling out Mindfulness Programmes to their workforce.
 - Participants will be introduced to two grounding and settling mindfulness exercises to help them understand some of the techniques involved in becoming mindful in their daily lives.
 - There will be a chance for reflections and sharing on what was experienced in the practises.
 - In addition to this, participants will receive a link to the recording of the session, so they can incorporate the practises into their daily routines and support each other.
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2. 3 Stage Introductory Mindfulness Programme

This programme takes your workforce through a gradual progression to becoming Mindful employees. This 3 stage Mindfulness programme helps to deepen the learning and integration process of living and working Mindfully.

The programme is made up of three 1-hour workshops with the following content:

- An introduction to what Mindfulness is and why we practise it.
- What research indicates about the benefits of Mindfulness in the workplace: what these benefits are for the employee and organisation and how large Corporate organisations around the globe are benefitting from rolling out Mindfulness Programmes to their workforce.
- The Neuroscience behind Mindfulness and an understanding of why we say and do the things we do.
- Participants will be guided through a brief mindful eating practise, which helps us gain a greater understanding of how disconnected we are from our body and mind.



It also plants the seed of awareness of how distracted we are and how we can change this.

- Participants will then be guided through two grounding and settling mindfulness exercises to help them understand the importance of the body and our senses to hold us present in the moment.
- Participants will also be introduced to Mindful Movement, the importance of the connection between our body and mind and how this can help them reclaim trust within themselves.
- After each exercise there will be time for reflections and sharing on what was experienced during each practise. Sharing and reflection is an important part of cultivating a supportive and inclusive working environment. It also breaks down the barriers to shaming, mental health concerns and isolation.
- In addition to this, participants will receive a link to the recording of each session, so they can incorporate the practises into their daily routines and support each other.
- Each participant will also receive a guided audio of a Settling and Grounding exercise as well as a mindful movement exercise.

3. **Mindfulness Based Living Course - 8-week accredited Course.**

In this fast-paced world of 24-hour news, digital, and social stimulation, our brain is processing beyond its natural capacity. It has never seemed more essential than it is today to practice mindfulness.

Due to our modern lifestyles, there is a disproportionate amount of people in the world suffering from stress, anxiety, depression, insomnia and other chronic health conditions and it's on the rise. People are desperately seeking some peace of mind.

Practising Mindfulness daily helps us find that peace through regulating the nervous system, lowering blood pressure, heart rate, build inner resources of resilience and confidence and find inner stillness.

Regular daily Mindfulness practice has been proven to reduce stress, anxiety, depression, chronic pain, PTSD, Obsessive Compulsive Disorders, improve sleep patterns and many other conditions that affect our ability to manage our day to day lives.



This is an 8-week Accredited Mindfulness Based Living Course by the Mindfulness Association in the UK delivered by Mia Middleton. It helps you understand the reasons why

we do the things we do, how to address them, how to maintain your learning and progress. It furnishes you with a library of tools and techniques to assist you in your Mindfulness journey and also offers you an on-going life-long community of support to help you build on your mindful way of living.

How I will learn

The Course will be delivered in live online sessions using the Zoom application with the Tutor.

The duration of the class will be 2 hours once a week. Each 2-hour session will have a 15-minute comfort break halfway through.

These sessions are experiential, which means we are all active in our learning as a group, creating a more collaborative, supportive and motivated workforce.

You will be introduced to a range of tools and techniques including a journal to record and integrate your learning into daily life.

As well as weekly support and access to audio downloads you will also receive daily motivational texts from me to help maintain your practice.

There will be a full day of practice offered in between weeks 6 and 7. We will deepen our practices and iron out issues and difficulties that we naturally experience on our mindfulness journey. **(This is part of the course. There is no extra charge).**

In addition to this full package to assist in your Mindfulness development, you will be part of a growing movement creating the most incredible wave of change all over the world. You will also have the option of becoming a member of the Mindfulness Association, where you can access other avenues of Mindfulness practices.



Mia
Alternative
Therapist



After Care

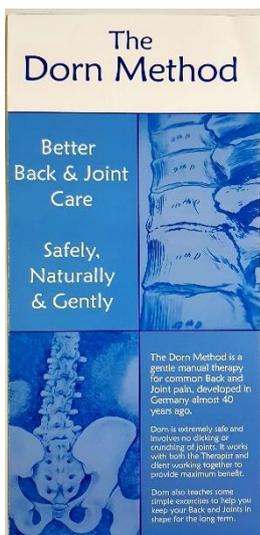
At the end of the course, there is a review of the participants progress, which we organise a month after completion. The review will be 4 hours from 10am -2pm.

In the review we will explore how we each have experienced our lives since the end of the course. We will revisit a few practices and plan the best way for the group to move forward to support progress.

All participants who complete the full 8-week course with practice day and review will receive a certificate of completion.

4. Alternative Therapies for Physical, Mental & Emotional Pain.

The Dorn Method



The Dorn Method is a safe, gentle, and natural manual Complimentary Therapy used to corrected misalignments in the spine and joints. It is a remarkably simple technique without any clicking and crunching of the vertebrae or joints. It uses the natural dynamic movement of the body and is therefore very safe with no side effects.

It is a very recent and revolutionary method, originating in Germany about 40 years ago. It is based on the premise that imbalances in the body are caused by numerous health issues.

The Dorn Method is a combination of 3 parts that together realign the whole body bringing it into balance and releasing it from painful physical and emotional conditions. These parts include:

- Correcting leg length difference. Common problems such as lower back pain, shoulder, and neck pain can be caused by a difference in leg length. This is because imbalances of the hip cause the spine to twist forcing and uneven foundation and



can pull vertebrae out of place. This adds extra strain and pressure on the whole body, therefore misalignments in all the joints and vertebrae of the spine are checked and corrected during a session.

- Spinal massage called the Breuss Massage for lengthening and nourishing the spine. This is also a very relaxing and energising technique to help gently stretch out the spine to assist spinal discs to align and regenerate.
- A set of Self-Help exercises are taught to the client so that they can practice them at home to maintain hip balance and keep the spine sitting straight.

This method can be used for all ages to correct back; neck; shoulder; elbow; hip; knee; sciatica and ankle pain in addition to headaches; migraine and a number of other physical and emotional issues.

Sound Therapy using Tuning Forks.

This therapy uses the power of sound through Tuning Forks to clear deep patterns of programming within our cells that often keep us locked in patterns of behaviour that do not serve us, whether this manifests in long-term physical pain or mental and emotional pain. Our bodies are 2/3rds fluids which helps conduct sound. Our cells vibrate at certain frequencies and each organ has its own tone. When dis-eased they become discordant. Tuning forks clear the discordancy, bringing the body back into balance.

The 5 Awakenings Sequence using a range of Counselling techniques.

Helping people recover from the effects of loss, trauma and abuse. Using a combination of counselling skills, energy medicine, systemic and play therapy, sequences in this technique stimulate a response and creates a shift in the body's own energy defence system that enables recovery.

A Summary of each of the techniques are explained below:



Systemic Techniques

Systemic Therapy helps us address the ways we interact in our relationships. It recognises we are part of a system which includes our partner, family, workplace group, culture, education, and Government systems. It works on the premise that how we behave, the decisions we make, and our beliefs are constructs of these institutions. Systemic Therapy is not about deconstructing the past but about understanding and addressing how we relate to each other in the present.

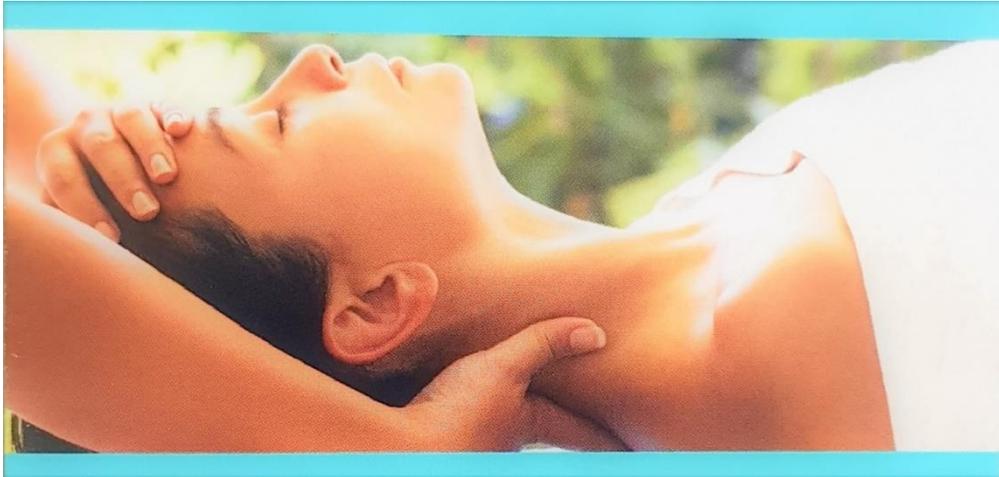
Person-Centred, Solution-Focused and Cognitive Behaviour Techniques

I use Person-Centred, Solution-Focused and Cognitive Behaviour techniques which are mainly talking therapies to empower people. By gaining deeper insight into by exploring their belief systems they break patterns of self-destructive behaviour and improve their life chances.

Play therapy Techniques.

Play Therapy is traditionally used to uncover and deal with a variety of mental and emotional health issues especially with children, young people and adults.

The Therapist uses a variety of creative tools including storytelling techniques to help children and adults understand and explore their thoughts and feelings in ways that feel safe for them to do. Often these children and adults feel unsafe and cut off from their feelings and have truly little trust in others. Using creative play can help people access these harder to reach aspects of themselves when they are with a trusted adult.



Reiki

Reiki is an effective non-invasive energy healing modality, that helps to boost the body's own natural healing system to energise and promote wellness throughout the whole system of body and mind.

Rei -Ki stands for the life force energy of which everything in the known universe is made. It is what keeps us alive and helps to maintain a balanced healthy system. Reiki is channelled through the Master/Teacher practitioner to the client's energy system. The results depend on the needs of the client as Reiki finds it's own way to the root cause of the issue, restoring balance on all levels.

In a session the client is usually laying down on a therapy bed or sitting on a chair although this is not always necessary as Reiki can be channelled with laying on of hands or at a distance.

The benefits of Reiki include:

- Helps the body release tension and stress through deep relaxation
- Dissolves energy blocks to bring about total system balance
- Assists the body to rid itself of toxins to support the immune system
- Helps to clear the mind and stabilise the body
- Aids in more restful sleep
- Aids the body in boosting it's own healing abilities
- Helps to relive pain
- Aids spiritual growth and emotional recovery



- Compliments other biomedical treatments and alternative therapies

Indian Head Massage

Indian Head Massage originates from Ayurvedic Medicine (circa 1800 BC). The technique works on tension and stress in the Head, Neck, and Shoulders but the treatment as a whole provides benefits for total body functioning. Using a combination of effleurage movements, friction, tapping, and gently working on pressure points, the body and mind are brought to a place of peace and relaxation.

Indian Head Massage helps to:

- Improve blood circulation and soothes nerve endings in the skin,
- Eases tension headaches and migraines
- Increases lymphatic drainage relieves tired and tense muscles.
- Restores joint mobility.
- Provides much needed oxygen to the brain.
- Helps to improve the quality of sleep.
- Relief from acute and chronic conditions of neck and shoulders
- Promotes wellbeing, peace and calmness.
- Helps to improve respiratory issues.

The treatment can be used in combination with natural oils that can help improve muscle tone and condition as well as calming the nervous system.

Luxury Arm and Hand Massage

Simple but amazingly effective for the relief of arthritic pain in the fingers, wrists, and arms, flooding the whole body with a feeling of peace and calm by regulating the nervous system. Using heated gloves, collagen-infused hand wraps and luxury creams to Improve circulation and movement and aids in restful sleep.

Regular massage sessions:

- reduces hand pain.
- increases mobility and range of movement.
- improves the symptoms of carpal tunnel.
- reduces the symptoms of arthritis.



- improves symptoms of depression.
- Abates the painful condition of Reynaud's syndrome.

In this day and age where most of our daily activities involve the use of digital devices, issues relating to the dexterity and flexibility of our fingers, hands, arms, elbows, and shoulders are on the increase. Regular sessions of arm and hand massage can greatly improve the condition of the skin, muscles, and overall health of these overworked areas.

5



Pricelist for Services

All Corporate programs are bespoke and flexible, so they can meet the changing needs of your workforce and company. A program can be made up of a single service or a combination of 2,3 or 4 delivered over an agreed period of time. You can change or add a different service at anytime during the agreement. Programs are delivered at a standard daily rate.

The only exception to this is the delivery of the 8 week Mindfulness Based Living Course. This is delivered in groups of no more than 16 participants per course. The fee is per participant and reflects its accredited status, length of the course and course work. Between weeks 6 & 7 of the course there is an additional full day of practice and training at no extra cost and a review date a month after the end of the course also at no extra cost.



		Price
Daily Rate	Bespoke Corporate Wellness Program	£200
Up to 10 Participants	8 Week Mindfulness Based Living Course	£220 per person
11-16 Participants	8 Week Mindfulness Based Living Course	£200 per person

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