

POSITIVITY BUBBLES
~ tap into your own sunshine ~

ART OF BEING STILL



~ CORPORATE ~

We are delighted to work with businesses and organise and run in-house events as part of your ongoing commitment to your employees to provide a safe and healthy working environment.

With careers in HR and Training and legal, Callie Carling is a fully-qualified complementary therapist with a special interest in meditation and stress management, keen to promote the long-term benefits of guided relaxation which helps to treat the effects of modern-day stress, in particular with stress-related disorders such as high blood pressure, M.E., Chronic Fatigue Syndrome, asthma, insomnia, headaches and depression.

The Health & Safety Executive report that work-related stress may affect as many as one in five employees, which will have repercussions on not only the health of your employees but also their productivity, impacting on your business growth and sustainability in the harsh economic climate at present. You may already have noticed an increase in absenteeism, a decline in morale within the teams and are wondering what simple, practical steps are available to you as a way of nipping the rising stress levels in the bud before occasional physical symptoms turn into full-blown illness.

The **Art of Being Still** half-day workshops are a cost-effective solution for businesses who appreciate the value of promoting psychological well-being, recognising that preventative measures to reduce work-related stress will create a positive impact on your employee's levels of motivation, job satisfaction, creativity output and general performance within the workplace.

The impact of relaxation techniques training, used on a daily basis, will present as:

- :: a reduction in presenting physical symptoms of stress, including back pain, stomach pain, indigestion and headaches
- :: a reduction in trigger emotional responses, such as anger and frustration
- :: increased energy levels
- :: improved concentration
- :: increased ability to handle problems
- :: increased efficiency in dealing with daily problems, at work and at home
- :: improved sleep patterns
- :: a strengthened immune system
- :: a happy, dynamic and revitalised workforce

We are confident that with regular use of these relaxation techniques, you will see a positive change within your employees within a matter of weeks. By making training available to all employees who show an interest in learning these techniques, your business will also benefit from a reputation of being a business that cares about its employees.

What an excellent motivator in itself!

If workplace stress is left unresolved, there may be all manner of problems building up. A brief review of your absenteeism statistics or disciplinary reports may show up common trends, including:

Physical symptoms

- :: disturbed sleep patterns
- :: raised blood pressure
- :: heightened cardiovascular disease
- :: headaches and migraines
- :: gastrointestinal disorders

Emotional symptoms

- :: depression
- :: irritability
- :: anxiety
- :: quick to anger or flare up
- :: complaining about issues which normally would usually be brushed aside

Intellectual symptoms

- :: lack of concentration
- :: decrease in motivation levels
- :: poor memory
- :: poor decision-making
- :: motivation

Behavioural symptoms

- :: poor punctuality
- :: isolation
- :: substance misuse
- :: inappropriate displays of behaviour

A sample workshop structure (3 hours) would entail:

- :: Welcome, introduction and informal icebreaker
- :: Barriers to relaxation
- :: Posture
- :: Relaxation technique
- :: Mindfulness breathing techniques
- :: How to incorporate relaxation into our daily routine
- :: Briefly discuss guided visualisation techniques (and provide mp3 files, if required)
- :: Feedback

Number of participants: workshops are limited to 10 people per session.

Resources required: minimal – a private room (such as a meeting room) in open-plan layout with comfortable chairs, no castors, with room to move between chairs in a semi-circle. You may wish to print our handouts with your corporate logo – please let us know if you would like us to provide the text to you.

This is an inclusive training workshop, although if you have employees currently receiving treatment for depression or anxiety disorders it would be helpful to know this in advance of the workshops (please note – we do not need to know their identities).

For further information on the guided relaxation techniques, please contact Callie Carling.



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Callie was taught the Art of Being Still techniques by Shri Sadhu Dharmavira and is authorised to teach these sessions; we are also experienced in meditation techniques.