

Services for Corporate Clients

Face to Face
and remote
sessions
available

Restore | Relax | Renew

Do you want to support your employee mental health? Looking for some wellbeing sessions for your employees? Perhaps you're looking for some fun sessions for your team?

Whether you'd like to support your staff with mindfulness and relaxation techniques that they can practically apply, provide sessions to help them get a better night's sleep or simply want some time out and a bit of team time, get in touch so we can discuss putting a personalised approach together to suit your corporate needs.

Individual or multiple sessions can be provided on the following:

- Mindfulness
- Meditation
- Understanding sleep/sleep top tips
- Understanding, identifying and managing stress
- Relaxation tools eg Progressive Muscle Relaxation, Breathing Exercises and visualisations
- Face yoga
- Facial massage and neck massage/stretching
- Understanding the menopause

Corporate massage days - Half or full days of seated massage.

Corporate sessions will be personalised to your requirements, with discounts for multiple bookings



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Testimonials

"Jo put together several sessions for our Wellness Week, covering face yoga, letting go of work, mindfulness for pain management and letting go of the day for more restful sleep. Her sessions were well received and left participants with practical tips they could use at home. Jo is always happy to create bespoke sessions for us and we will certainly be working with her again in future"

Karen, Amgen - Multiple sessions for Wellness Week

"I thought the session was great. So important to have something like that... and really good to make yourself stop and take some time out of the busy day which this did perfectly."

Attendee at a Dispensing Doctor Expert session on Stress

"It was lovely to do something like this with the rest of the team at a time when we don't get together in the same way we did before. Something fun, beneficial and that we can keep on practising going forward!"

Attendee at a Healthwatch Face Yoga session

"Fantastic day of massage at 4PS, a great opportunity for everyone to get some well-earned relaxation, and also some pointers on how they can alleviate aches and pains. Can't wait for the next session, would recommend a massage day with Jo to any company."

Val, 4PS - Corporate Massage Day

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