

SPECIALISED  
**WORKPLACE  
WELLBEING**



BY BETH JAMES



We are all feeling it. The daily bombardment of information and overwhelm of content on social media. Our excessive screen time. The constant noise. This excessive mental stimulation is leaving us feeling fatigued, lethargic and mentally drained. The mind is our most precious resources and without a healthy, balanced mental state we are unable to carry out our daily activities.

But how do we give ourselves a break? A REAL break that refreshes our mental faculties and brings us back in to a state of presence and awareness? Is there a way to switch off the noise of the outside world and tune in to stillness, without sitting on a meditation cushion for hours?

# TAKE A BRAIN BREAK

**60 min interactive workshop**  
**In-person or online**



This informative workshop equips employees with micro-habits that are simple enough to be incorporated in to every day life - yet strong enough to immediately alter their mental wellbeing & state of mind:

- How we process information
- Short, digestible practises to bring yourself back from mental overwhelm and clear the mind
- Quick hacks to increase awareness & ability to focus
- Mini breathwork techniques to soothe your nervous system and increase presence

All practises are designed to be simple and accessible so that employees can take these learnings with them in to their daily lives.



Many staff no longer want to do "beers after work" as a way to get to know each other. Forced alcohol or awkward team bonding can end up having the opposite effect where staff feel resentful of being made to have "mandatory fun".

Yet getting to know your colleagues is the number ONE way to improve teamwork & collaboration. When we have a personal connection or understanding of our colleagues we automatically feel closer to them and want to work in a more coherent, connected way. Knowing our team also boosts morale which has an effect on staff retention rates and general productivity.

This unique team-bonding experience breaks down typical workplace barriers & helps staff get to know each other in a more personal way:

- Connection experience including Q&A game to humanise your colleagues and see them as more than just coworkers
- Group exercise that encourages staff to open up (in a fair & bounded way) so that deeper connections can be formed
- Reflections & facilitated discussion to cultivate more dialogue and communication within teams

# CULTIVATING CONNECTION

**60 min interactive workshop**  
**In-person or online**



# CLASSES FOR ORG'S MEDITATION & BREATHWORK

## Group Meditation & Breathwork

- Gentle mindfulness, visualization & breath meditations
- Unwind the mind and turn off the stress response in the body with this gentle, inclusive style of meditation that is suitable for all participants from beginners to advanced
- 20 min, 30 min, 45 min, 60 min classes available
- Can be hosted in-person or online

**\$50 - \$120 PER CLASS**

*\*Depending on length & size of class*

*\*Discount for ongoing class bookings*

## Switch Off Friday - Deep Rest Class

- Designed to help employees unwind after a busy week and soothe their nervous system/stress response
- A gentle, restorative yoga nidra practised lying down helps to switch off the mind and drop in to rest mode in time for the weekend
- 45 min class
- Can be hosted in-person or online

**\$85 PER CLASS**

*\*Discount for ongoing class bookings*

# SPECIALISED WELLNESS SERVICES

*Choose from a range of unique wellness practitioners offering specialised services - contact Beth for customised menu of options suited to your employee needs*

01 Nervous system health & stress-management

02 Women's wellness & cycle awareness

03 Somatic, dance & movement therapies

04 Mindset & subconscious belief work

05 Sound healing

06 Craft & art therapy workshop





## ABOUT BETH JAMES

Beth has 15+ years of marketing experience at a range of organisations - from Australia's top advertising agencies to European tech start-ups to running her own business. Highly skilled in brand strategy, she has a talent for out-of-the-box thinking and innovative campaigns. In 2017, she was nominated for 'Rising Star of the Year' in the Masters Of Marketing Awards (UK) due to a brand strategy she developed.

Throughout the years she witnessed companies at various stages of growth and learned what drives performance & productivity amongst employees. This led her to develop an engagement & wellbeing program for Delivery Hero (Europe) which became a huge success, doubling the number of employee "promoters" (NPS). For 5 years she held the role of Head of Brand & Culture - balancing the growth of a world-class brand with a seamless workplace & employee experience.

Additionally, Beth is trained as a meditation, pranayama & yoga nidra teacher with over a decade of experience. She has completed more than 400 hours of Yoga Alliance Certified Training, through a trauma-informed teaching approach including formal studies in Pranayama, Yoga Nidra, MBSR (Mindfulness) and Tantric Hatha Meditation and specialised courses in Crystal Bowl Sound Healing, Energy Healing, Qi Gong and Lymphatic Bodywork. Her classes offer a gentle, empathetic approach - rather than over-stimulating practises that activate a response, her classes use subtle yet transformative techniques that work with your nervous system capacity.



# CONTACT BETH JAMES

Tailored to your budget and goals, please contact Beth for more information and a detailed quote.

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