

Work Well Workshops

**Compassion, Communication,
and Clarity.**



The work well workshops find creative and inspiring ways to stay connected to yourself, to foster self-compassion, whilst holding space for listening and leading, through a clarity of focus that keeps everyone on track.

An awareness of what makes us and others tick, is a stepping stone into purposeful communication both within ourselves and with others. In today's fast paced high-tech world, we will readily plug into the outside world and social media, but how often will we retreat inside, and check into how we are doing?

Work well workshops explore ways of bringing us into the zone, sharpening our focus, so that things just seem to flow. The strategies employed are a fun and innovative way of bringing your work force closer together. They develop greater understanding and awareness of how to stay open and connected when the inevitable challenges arise by working on strengths and the ability to bring out the best in our colleagues as well as ourselves.

All that is required is an open mind, a colourful imagination literally, and the ability to breathe in and out. Sound interesting?

Get in touch to chat through dates, timings, and costings. It can be a toe in the water couple of hours or a couple of half day workshops. Post course workshop debriefs are part of the package. I look forward to working with you and your team at some point soon in the future.

Warmest wishes

Stuart

stuart.yoga@gmail.com

07739548276