

# CORPORATE WELLNESS

TAM

## ABOUT ME

With a background in public relations and marketing spanning over 13+ years in a fast-paced working environment, I understand the challenges of balancing work and mental health.

Over the last decade, I've dedicated my career to finding effective ways to address workplace stress through practices such as yoga, sound baths, and mindfulness meditation.

Recognizing that we spend a significant portion of our lives at work, I believe investing in a bespoke wellness programme is essential for employers looking to stand out, improve productivity, and enhance job satisfaction.

Having managed teams and reported directly into C-suite, I know how to spot and solve the invisible problems that slow a company's growth down. I can help you and your team.



## RICHARD BRANSON

“Train people well enough so they can leave.  
Treat them well enough so they don’t want to.”

## MINDFULNESS MEDITATION

Mindfulness meditation can improve your employees overall well-being and enhance their work performance at the same time.

By blending the latest in neuroscience with a mindfulness practice backed by research in the workplace, I have created an indispensable training for the office.

Over the course of this programme, your team will discover how to:

- Reduce stress
- Increase productivity
- Improve communication
- Prioritise better
- Strengthen problem-solving skills
- Enjoy work more



## SOUND BATHS

Sound meditation dates back to ancient times and is among one of the oldest forms of healing practices used in many different parts of the world. From Australia's aboriginal tribes to ancient Chinese and Tibetan cultures.

A sound bath offers these relaxation techniques by 'bathing' participants in sound wave frequencies.

Offering fast results it creates ideal conditions for employees to enter a meditative state without them needing to know exactly what to do.

Sound has an energising effect which creates more focus and attention, and increases productivity and creativity.



## WORKPLACE YOGA

The ideal antidote to days spent at the desk, my typical office yoga class will stretch out tired and tight muscles, strengthen and tone the whole body and induce calm and relaxation.

Studies have shown that attending just one weekly yoga session increases overall effectiveness.

Incorporating yoga into team-building activities can cultivate a harmonious work environment where colleagues connect on a deeper level.



## CLIENTS

### Fashion and lifestyle

- Annabel's
- Asceno
- Bottletop
- Hearst Publishing
- Marie Claire UK
- Paolita Beachwear
- Rixo
- Selfridges
- Tada & Toy
- The Mandrake

### Beauty and wellness

- Cannaray CBD
- Mala Collective
- The Stack World

### Studios

- Blok (London + online)
- Waking Dreams (London)
- Space Yoga (Brighton)
- Flow State (Brighton)



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