



# Wellbeing

for your business

*with*

Clare Cockell Cert Hyp CS



Clare Cockell



# What we do



*Life is for living, embracing, and enjoying balance.  
Our mindset is the centre of creating that experience.*

*We work with companies building a sustainable business with  
a commitment to the wellbeing of their employees.*

*We nurture your company culture to enhance work-life balance, boost  
morale, and focus mindset with a positive benefit for all.*

We are here to support you with mindset, mental and holistic wellbeing.

We aid your organisation to reduce stress and overwhelm, realise and achieve full potential, and improve connections, communication, and relationships for your employees.

Our mission is seeing an increased positive impact in your company, which promotes business and individual growth.

Our focus is to foster your team in their enjoyment, consideration, appreciation, passion, and loyalty whilst adding an uplifting and encouraging essence to the work environment.

We share the importance of having compassion for others and for yourself to improve communication and relationships, plus boost productivity and self esteem.

We guide with a connection to the breath to regulate emotional wellbeing, improve decision making skills, and give greater clarity and awareness in all situations.

Our approach is welcoming, informative, and engaging to future proof your diverse and inclusive organisation.

# Benefits

- Reduced stress, anxiety, and overwhelm
- Improved creativity and productivity
- Improved communication and relationships
- Improved self belief and self esteem
- Confident decision making
- Increased employee engagement
- Increased resilience
- Improved sleep
- Increased physical benefit
- Reduced sickness
- Increased job satisfaction
- Improved employee retention



# We offer

- Group mindset sessions - in person or online
- Group retreat and away days - Team building, wellbeing focus
- 1:1 mindset sessions for individual employees
- Event speaking



# Clare



Having been in the wellbeing industry for over 20 years, and managed her own business and teams, Clare understands workplace pressure and employee needs.

Clare's own life experiences led her to gather the tools for positive mindset, and personal development. Noticing the incredible changes experienced, and achievements seen; Clare went on to qualify as a coach, meditation teacher, and hypnotherapist. This training reignited her passion for seeing the lives of others change as they gained increased peace, happiness, and understanding of themselves and those around them.

- **Fantastic results achieved in 1:1 client sessions and group experiences** - confidence boost, achieving results, reducing overwhelm, and more
- **Speaker at events including the Kent Wellbeing Festival, and at London's Excel, Manchester Central, Birmingham NEC, OXO Tower**
- **Corporate mindset sessions for various large national companies and their teams**
- **Group retreat days and weekends in the UK and abroad**



# The stats

Stress, depression or anxiety and musculoskeletal disorders accounted for the majority of days lost due to work-related ill health in 2021/22, 17.0 million and 7.3 million respectively. [HSE](#)

According to a recent survey by the [Mental Health Foundation](#), 74% of UK adults have felt so stressed at some point over the last year that they have felt overwhelmed or unable to cope.

Depression rates in the UK are significantly higher due to the pandemic. Around 17% of adults in the UK experienced some form of depression in summer 2021, compared to just 10% before the pandemic. [Champion Health](#).

In the UK; an employee averages 36.4 hours per week spent at work. Work being an environment focused on producing results, communicating with others, deadlines and time and/or client pressure. All of this in a life situation that the employee does not have full control of. It's understandable that the most common cause of stress is work-related stress with 79% saying they frequently felt it. [Statistica](#).



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