



# The Mind Pamper Experience

Our Mind Pamper Experience is especially designed to provide a spa session for the minds of your team. Helping to reduce stress, increase resilience and bring about relaxation to support a re-energised mindset.

The tools and techniques covered in this session will rejuvenate the team by creating a resourceful state, evoking a sense of calm and balance. Resulting in improved productivity, enhanced employee morale and engagement and overall a more inclusive culture.

A great way to promote the importance of emotional health across your organisation.

Perfect for team  
building, away days or  
starting the week!

**Slip into a mindful relaxation of the senses and devote some time to enhancing the well-being of your workforce.**

To find out more contact us via email [claireandsue@weare3b.org](mailto:claireandsue@weare3b.org)  
or telephone 07769 264544 or 07712 586726

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**Be Believe Breathe**

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