

# *Spirit Wellbeing* in the Workplace

*Tailored programmes for staff to develop and maintain new levels of wellbeing and positivity*

Positive wellbeing increases commitment, staff retention and productivity.

Spirit Wellbeing programmes offer practical techniques to enhance confidence, clarity and self-esteem, improving emotional and mental health.

Each day brings challenges and opportunities. Offering your staff Spirit Wellbeing, enables them to not just survive, but to truly thrive.

For more information or an informal chat about how I may be able to help you and your organisation, please phone me: 07824 38 9384  
or email:  
hello@spiritwellbeing.co.uk



[www.spiritwellbeing.co.uk](http://www.spiritwellbeing.co.uk)

*Spirit Wellbeing is based on the fundamental principle that everything is energy.*

*Understanding how energy works gives you choice.*

*Learning to manage your energy gives you freedom to live life with balance and positivity.*



*Maria Bowbanks*  
*Guide / Teacher / Reflexologist*