



# WORKPLACE WELLBEING

THROUGH MOVEMENT AND MIND

*Interactive workshops to help your team boost  
focus, reduce stress & build resilience.*



The Mind Forest  
ALL IS MIND



Support your team with interactive workshops, designed to help everyone **manage stress**, improve **focus**, and build **mental resilience**. Our approach is contemporary, evidence based, and considers both mind and body. We offer two core workshops:

## MENTAL FITNESS

Manage your mind & improve your life. Interactive sessions blending psychology & neuroscience to help your team find balance and thrive.

## QIGONG

Restore vitality and discover mental clarity through this ancient mindbody practice, blending breathwork, mindfulness and gentle movement.

- Tailored for workplace settings
- Interactive, accessible, engaging
- Evidence based & multidisciplinary
- On-site or online delivery



# MENTAL FITNESS

*Manage your mind*

Mental Fitness is a proactive, accessible approach to managing our minds. We blend insights from psychology, neuroscience & breathwork into fun workshops for your team. These sessions give participants clear, practical tools to thrive in today's fast-paced, digital first work environment.

## CORE PATHWAYS:

- **STILL** – Managing stress and finding calm
- **FLOW** – Harnessing attention, creativity, and memory
- **RISE** – Building resilience and motivation

## WHY IT WORKS:

- **Evidence-based** – grounded in current research
- **Practical** – tools that can be applied immediately
- **Collaborative** – engaging discussions and self led activities
- **Modern & ethical** – relevant and respectful for all participants

## IMPACT FOR ORGANISATIONS:

- Reduce stress-related absence
- Improve focus and productivity
- Stronger team cohesion and morale

## DELIVERY OPTIONS:

- Half-day workshops or 1 hour lunch & learns
- In person or Online
- Custom sessions for leadership and c-suite





# QIGONG

## *Restore & Rejuvenate*

Qigong (pronounced “Chi-Gung”) is an ancient Chinese mind-body practice with many proven health benefits. The practice is centred on four core principles: relaxation, attention, posture & breathwork.

These workshops are accessible for all ages. We will guide your team through gentle forms & simple yet powerful breathing techniques to help your team cultivate deep relaxation and focus.

### WHY QIGONG?

- Proven to reduce stress & improve brain function
- Boosts energy and concentration
- Improves posture and mobility
- Accessible & gentle for all ages

### DELIVERY OPTIONS:

- 45–60 minute workplace sessions
- Half-day wellbeing events
- Online or on-site formats





# The Mind Forest

A L L I S M I N D

## ABOUT YOUR INSTRUCTOR

**Charlie Thefaut**

I believe that everyone has the potential to improve their life, and that it starts with a better understanding of our mind and body. I have spent the past 15 years studying Philosophy, Psychology, & various mindbody practices, whilst working in helping professions and community settings, gathering the tools and knowledge that I have distilled into simple, effective workshops.

By way of qualifications I hold a BA in **Philosophy** & an MSc in **Psychology**. I am a BHQA accredited **Health Qigong™** Instructor & trained in Mental Health first aid. I also hold an enhanced DBS check.



*Let's create a workplace where your teams thrive. Whether you want to boost resilience, reduce stress, or improve productivity, let's work together.*

### **Contact details:**

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*Pricing is based on group size and session format – please contact for a quote.*