

WELCOME

To Your
Wellness
Solutions

For your Caring Company

Introduction

Thank you for landing here - we know that you're a caring company by doing so.

Your employees may be tired, stressed, unmotivated, and frequently poorly - in need of a happiness boost. Additionally, your company wants to thrive in a competitive marketplace.

Your whole workplace will enjoy an energetic vibe and greater productivity, creating innovative ideas.

Your caring company will have the competitive edge to enjoy a whole new level of engagement, ideas, and ultimately a happier, more thriving workplace.

You'll no doubt want to save time organising wellbeing events, so we offer a team of vetted professionals to deliver a great variety of workshops and coaching to help your colleagues.

Please note: The prices and information on this pack may change - for the most up-to-date information please visit our website - www.seriouslaughter.co.uk

Read on to take a look at the services
our Serious Wellbeing Team offer.

**Do you want to increase
the productivity of your team by 20%
and lower stress levels by 45%?**

Here are 10 Benefits to Wellbeing Workshops

- 1 **Happier teams** → staff retention
- 2 **Creative brain boost** → innovative ideas
- 3 **Stress significantly reduced** → less fatigue and heated conversations
- 4 **Fewer sick absences** → more trust, less pressure on colleagues
- 5 **Energy and Motivation** → significantly reduced burnout
- 6 **Communication improvement** → less quiet quitting
- 7 **Team building** → buzzing and bonded hybrid teams
- 8 **Increased productivity** → increased profitability
- 9 **Better sleep** → more energy, better decision making
- 10 **Excellent staff perk** → fun activity - serious health benefits

Your company will benefit from increased productivity and less stress because of happier, healthier, more energetic teams with fresh creative ideas

Sources: Productivity = motivation and energy combined levels 20%.

Client testimonials advise on higher productivity levels.

Stress levels decreased an average of 45% - research carried out by Serious Laughter on wellbeing analysis graphs from 1/10/2022 to 30/9/2023.



About The Serious Wellbeing Team

The Serious Wellbeing Team who want to help your caring company to **THRIVE**

Sara Kay

Ice-Breakers, Laughter, and Deep Relaxation

Founder of Serious Laughter

FHT Accredited Laughter Yoga Teacher - Sara delivers motivating, energy boosting and stress-reducing sessions to enable employees to thrive. Rejuvenating Deep Relaxation sessions (NSDR) are a firm favourite of tired employees.

www.seriouslaughter.co.uk



Quick Happiness Boost

30/45 mins Laughter Yoga - energising, laughter to bond your team

From £227 plus travel expenses

Reduce Burnout for Your Tired Team

60 mins Laughter Yoga includes non-sleep deep relaxation

From £297 plus travel expenses

Team Building (in-person only)

30/45/60 minutes Laughter Yoga exercises/team games

From £227 plus travel expenses

Confidence skills (in-person only)

30 minutes of Laughter exercises and confidence-building

From £227 plus travel expenses

Bollywood Laughter Dance

45/60 minutes of medium density dancing (standing/seated)

From £247 plus travel expenses

Keynote - Laughter for the Health of it & Ice-breakers (interactive or demonstration)

15/30/45/60 minutes (standing/seated)

From £177 plus travel expenses

The Serious Wellbeing Team who want to help your caring company to **THRIVE**



Sam Flynn

Reducing Phone Use, Creating a Positive Digital Culture

A confident trainer, Sam works with businesses to manage their relationship with the digital world to promote positive use, rather than causing a negative impact on their lives.

www.samflynn.co.uk

Creating a Positive Digital Culture Workshop

Maximum 15 participants

Duration: Half day

Delivered: Online or in-person

Investment: £650+VAT plus travel expenses

Reducing Smartphone Use - Employee Wellbeing Workshop

Maximum 15 participants

Duration: Two Hours

Delivered: Online or in-person

Investment: £450+VAT plus travel expenses

The Serious Wellbeing Team who want to help your caring company to **THRIVE**

Kate Brown - Acupressure Massage, Stress Cycle, Compassionate Communication

Kate creates safe spaces that allow people to stop and put down their busy-ness, so that they can consciously connect their mind and body to know themselves better. In this way, Kate helps people to complete their stress-cycles so that they feel calmer, happier and healthier. CNHC registered massage therapist.

www.calmatworktherapy.com



Compassionate Communication

Maximum of 20 attendees
Duration: 2 hour masterclass
Delivered: Online or in-person
Investment: £600 plus travel expenses

Whole Person Wellbeing Masterclass

Maximum of 20 attendees
Duration: 2 hours
Delivered: In-person delivery
Investment: £600 plus travel expenses

Stress Reduction Masterclass

Maximum of 20 attendees
Duration: 2 hour interactive Masterclass, including discussions.
Delivered: Online or in-person
Investment: £600 plus travel expenses

Seated Acupressure

Maximum of 11 attendees
Duration: 4 hour session
Each person receives a 20 minute appointment
Delivered: In-person
Investment: £444 plus travel expenses

Management Training Day

Maximum of 10 attendees
Duration: 5 hours
Delivered: In-person delivery
Investment: £1000 plus travel expenses

The Serious Wellbeing Team who want to help your caring company to **THRIVE**



Julie Silver Nutrition

Using a personalised approach to help physical, emotional and mental health awareness to find out what foods may be beneficial to provide the best wellbeing solution to prevent burnout and improve general health.

www.juliesilver.co.uk

Nutrition for Mind, Body & Business Workshops

Maximum 20 participants

Duration: 1 hour

Delivered: Online or in-person

Investment: £300 plus travel expenses

The Serious Wellbeing Team who want to help your caring company to **THRIVE**

Jo Taylor - Menopause & MHFA

Opening up discussions about the challenges of menopause, Jo shares techniques to help with the symptoms including Mindfulness, NLP, and Laughter Yoga. Trainer of Mental Health First Aid.

www.joctaylor.co.uk



Menopause Awareness for Managers

Maximum 20 participants
Duration: 60/90 minutes workshop, includes 10 minutes for Q&A
Delivered: Online or in-person
Investment: £350 plus travel expenses

Menopause Awareness

Maximum of 20 attendees
Duration: 60/90 minutes workshop, including 10 minutes for Q&A
Delivered: Online or in-person
Investment: £350 plus travel expenses

Mindfulness Workshop

Maximum of 20 attendees
Duration: 60 minutes workshop
Delivered: Online or in-person
Investment: £195 plus travel expenses
Regular sessions can be negotiated

Mental Health First Aid

Maximum of 16 attendees
Duration: varies - equates to 2 days
Delivered: Online or in-person
Investment: £325/person or £3,500 up to 16 attendees plus travel expenses

The Serious Wellbeing Team who want to help your caring company to **THRIVE**



Dr Jill McGarry - Sleep

Jill is a Consultant Clinical Psychologist and works with clients to develop and apply a personalised blend of strategies so that they go from exhausted to energised in the most effective way. Techniques to fall asleep faster, sleep better and feel more energised during the day.

www.sleepbetterdoctor.co.uk

Sleep Better

Maximum 40 participants (minimum 10)
Duration: 2 hours
Delivered: Online or in-person
Investment: £40 per person (online)
From £800 plus travel expenses (in-person)

1:1 Sleep Coaching/Therapy

One to one sessions
Duration: 1 hour
Delivered: Online or in-person
Investment: £160 per session in-person plus travel expenses or £120 online

1:1 Sleep Assessment and Bespoke Plan

One to one sessions
Duration: 2 x 1 hour plus 30 mins diary analysis between sessions
Delivered: Online or in-person
Investment: £400 per session in-person plus travel expenses or £350 online

One Day Team Event

Focussing on Sleep

Maximum 20 participants
Day: am - sleep awareness training
pm - 1:1 for 4 attendees
Delivered: In-person
Investment £1600 (£80 per person) plus travel expenses

Management Advice

to Address Fatigue as a HSE issue

Management meeting
Duration: 1 hour
Delivered: In-person
Investment: £250 per session in-person plus travel expenses

CORPORATE WELLNESS DAYS

Allow us to take the stress out of organising your Corporate Wellness Days!

Using our vetted Wellness Experts we will devise and deliver half-day or full-day workshops to inspire your team to **THRIVE**

Let us take the strain

We help you to create a bespoke programme.

Examples:

2 workshops for a wellbeing half day covering:

Stress-relief

Overall wellbeing

Happiness and Wellbeing to Thrive

Healthier Workplace

Investment: From £900 for half day

4 workshops for your corporate wellbeing day covering:

Stress-relief

Wellbeing - FULL DAY

Team-Building Happiness

(Additional delegate price to be negotiated)

Investment: From £1800 for full day

Benefits of using our Serious Wellbeing Team's services

- Less of your precious time taken organising the event
- Single point of contact
- Trusted, vetted, and diverse female wellbeing professionals
- Source venue hire if required

Seriously Beneficial Workshops offered by our Serious Wellbeing Team In-person or Online*

- Laughter - for happiness, stress relief, confidence, and wellbeing
- Deep Relaxation to combat burnout
- Menopause Awareness
- Mindfulness
- Compassionate Communication
- Stress Reduction
- Seated Acupressure Massage (in-person only)
- Whole-person wellbeing
- Coaching
- Management Training Days
- Digital Wellbeing
 - Reducing Mobile Phone Use
 - Creating a Positive Digital culture
- Nutrition
- Sleep
- MHFA Training

Additional services

- Half and full-day corporate wellness packages
- Venue-finding

*Please contact for details



**Talk to us about your options
to create the best wellbeing
strategy for your workplace.**

We want to help your team and caring
company to thrive!



**Contact the head of the
Serious Wellbeing Team, Sara Kay,
happy@seriouslaughter.co.uk**

www.seriouslaughter.co.uk



Client Testimonial

Could not recommend Sara enough!

"Sara came in to run Laughter Yoga workshops for our staff conference, and from the initial emails right through to after the conference, Sara has been lovely to work with.

Staff that attended the workshop gave raving reviews, saying how comfortable Sara made them feel and how well it was delivered, and how much they enjoyed trying something new.

Laughter Yoga is definitely one to try and it has so many benefits for your mental health!

If you're on the fence about trying it, see this as your sign to give it a go - I promise you won't regret it."



Katie Fox - Leeds University

Client Testimonial

The world needs more of this

Sara's wellbeing laughter yoga sessions are incredible.

The exercises she opened and closed my panel event with were the absolute highlight.

To say her energy is infectious is an understatement; I don't know how she does it but it's a unique quality when you can get a whole room enthusiastically **interacting with people they've never met**, through simulated laughter (including my previously-nervous dad!).

She made everyone comfortable enough to get fully involved and made the benefits clear (they're pretty indisputable when the whole room was in hysterics!).

An absolute joy and the world needs more of this.



Rebecca Ryder

Client Testimonial

I have more focus

I attended Sam's programme - all about using our phones less and with more intention.

I'm always a fan of Sam's practical style and this was no exception.

Lots of food for thought, packed full of tips and delivered with energy.

I've made a number of changes to how I use my mobile and I'm pleased to see that my phone usage has declined since I took this course and I have more focus for the things that add value.

I'd recommend it for all of us - I don't know of anyone who wouldn't like to use their phone less in a world full of distraction.



Jacqueline Heron, Executive Coach

Client Testimonial

"THANK YOU! Jo was so helpful and super kind throughout this course. Great addition to the team! It has given me the confidence to take this into my work place and day to day life to help others and raise awareness. I will be looking to further my training to get more understanding on Mental Health as this has opened a door to get better info to help more people with this. Thanks again."

"This was an eye-opening and wonderful experience with Jo. I have learnt a lot and am keen to use my new skills where required and help anyone struggling with their mental health whether that be work colleagues, friends or family."



Learners on a CHSG course, anonymous feedback

Client Testimonial

Very informative and helpful

The information provided was very informative and helpful.

It was taught in a fun and energetic way.

The interactive sessions helped to involve everyone and you could see the difference that the techniques and tips made first hand.



CHEP employee, anonymous feedback
for the Stress Reduction Masterclass

Client Testimonial

A great success

The Wellness Day was a great success, the feedback from the team was so positive, they loved your energy, the fact that you used humour, and movement, you got them all up on their feet, joining in, so at no time did it feel like a 'lecture'.

The team are all at very different places with their health and wellbeing, some are very knowledgeable, others not so much.

But the overwhelming feedback was that they loved your style, the information you gave them was so valuable, and there were lots of takeaways, in useful tips and techniques. Thank you so much.



Gabby Mottershead
Head of Order To Cash
ISS World

Client Testimonial

Vastly experienced

Jill was our guest speaker on a webinar 'Leveraging 'Shuteye' for Resilience' delivered to Chamber members as part of a series of mental wellbeing webinars.

As Chair of our Mental Health Steering Group I was struck by how much I didn't know about sleep and the extent to which this is a real challenge for so many people.

Jill encouraged audience engagement and was able to guide people on a variety of sleep related topics spanning different medications and the effectiveness thereof, right through to various practices to help individuals get better sleep.

It soon became clear that Jill truly is an exceptional teacher and vastly experienced.

No matter what the question, Jill was able to help pinpoint the problem and provide crisp and deeply helpful guidance.

The feedback from our members was nothing short of remarkable in that we have never have had so much positive feedback for a speaker. Jill is now our go-to sleep expert and hope to work again with Jill should the opportunity arise.



David Saab, Thames Valley Chamber of Commerce