

DENISE YEATS

COACH | EVENT PRODUCER | FACILITATOR

WELLBEING WORKSHOPS

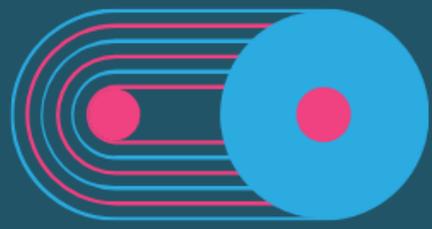
In today's anxious and uncertain times, the need for optimum energy, emotional balance and mental clarity has never been more important.

Denise Yeats and Dr Nerina Ramlakhan create bespoke wellbeing packages tailored to suit the needs and interests of you and your team. These sessions empower staff with insight and tools to make positive changes to enhance their health and wellbeing. Each workshop includes a combination of scientific theory and practical application to demonstrate and teach techniques that can be applied both at work and at home.

Denise Yeats is an events specialist, sports and aspirational coach and workshop facilitator who is passionate about developing people to reach their potential. She is highly skilled in bringing events to life, both in person and using interactive online platforms.

Dr Nerina Ramlakhan is a sleep and energy expert and author. Her work is dedicated to helping people and organisations to thrive, sleep more deeply and live more joyfully. She has over 25 years of expertise in her field, including her renowned work on TV.





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THEMES & SPEAKERS

We work with you to pull together the themes that are most relevant to you and your team, within your specific budget.

Below are some examples of previous sessions:

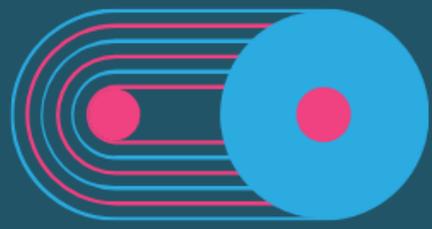
- Thriving in a changing world
- The art of realistic optimism
- Embracing uncertainty
- Tools and techniques for leaders in times of change
- Presence and impact (optimising virtual communication)
- Being the change/leading the change in turbulent times
- Boosting the immune system
- Managing the work/home balance
- Nutrition to support mental health

We have also been creating some packages around more specific groups and themes such as managing work/life balance during the menopause.

In addition to Dr Nerina's wealth of experience in sleep and energy management, we also work with a range of specialists in their fields to bring their own expertise to the workshops. These have included, but are not limited to the following areas:

- Resilience and culture change
- Vocal skills
- Nutrition
- Yoga and movement
- Breathwork
- Laughter yoga

In addition to offering a range of inspiring speakers who can bring their own life stories to the sessions.



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ONLINE TECHNOLOGY

We work with an online platform called *Hopin* - a virtual venue with multiple interactive areas that are optimised for connecting and engaging. Attendees can move in and out of rooms just like an in-person event and enjoy the content and connections you've created for them.

Whatever the scale of the event you can:

- View main stage talks and engage in polls and Q&A
- Join interactive sessions
- Visit exhibitor booths or video rooms
- Meet and network one-to-one

The platform can be fully branded to your own specifications, and is incredibly user friendly. We believe the one-to-one networking function is one of the key things that sets it apart from other platforms.

Denise Yeats has also created a series of inspiring conversations with speakers focusing on topics including resilience, challenge, motivation and mental health.

For more on these go to:

<https://www.deniseyeats.co.uk/facilitation>

If you are looking to develop yourself or your team, and would be interested in discussing some specialist events or engagement activities, get in touch with Denise for a free, no obligation chat.

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