

# Wellbeing At Work With CHILLOUT

## What We Do..

**We are a team of industry leading Wellbeing Retreat Experts, supporting teams to create a positive work culture with following benefits:**

- Reduce employee burnout
- Increase productivity
- Improve team morale
- Reduce absenteeism
- Increase creativity
- Improved employee engagement

## Did you know?

76% of employees report moderate to high levels of stress at work and 33% of long term absences are caused by stress.

Six in 10 menopausal women say it has had a negative impact on their work.

One in ten women who worked during the menopause have left a job due to their symptoms

There are 14 million working days lost in the UK to menopause a year\*

\*Menopause in the Workplace report by The Fawcett Society



Chillout has been featured in:



# OUR TEAM WELLBEING EXPERTS



## **Natalie Smit Ash - [Chilloutretreats.com](https://chilloutretreats.com)**

Natalie Smit-Ash, is the founder and director of Chillout Retreats, has practiced yoga for over 25 years, is a Senior Hatha Yoga teacher, Pilates teacher, a fully qualified Holistic Therapist & Reiki Master/Teacher. She has over 20 years of qualification, expertise and experience in the field of Complementary Health. Prior to this, Natalie worked in London in the corporate and publishing sector, so now appreciates how important wellbeing within the workplace is.



## **Lucie Simon - [Feelgoodfood.co.uk](https://feelgoodfood.co.uk)**

Lucie is an experienced Nutritional Therapist with a specialism in women's health, BANT and CNHC accredited following training at CNM. Lucie is on the expert panel at Menopause Experts, and regularly delivers wellbeing talks to companies, and is on steering group for Lewes District Food Partnership, running various community wellbeing projects. Lucie is also a retreat chef, with over 10 years of experience.



## **Chillout Team**

We can call on a team of holistic health experts and can provide the following on request:

- Life Coaching
- Massage Therapists
- Mindfulness Coach
- Nutritional Therapy
- Soud healing

All team members are fully qualified and have liability insurance.

# WELLBEING DAY

## WOMEN'S WELLBEING AT WORK

### FULL DAY (GOLD LEVEL)

#### Day Event schedule example:

10.00 Welcome refreshments  
Hormone balancing snacks and teas.

10.30 Movement session, chair yoga.

12.00 Nutrition Workshop - Hormone  
balancing foods.

13.00 Lunch break

14.00 Wellbeing experience - Vision boards

16.00 Yin/restorative & relaxing mindfulness  
session.

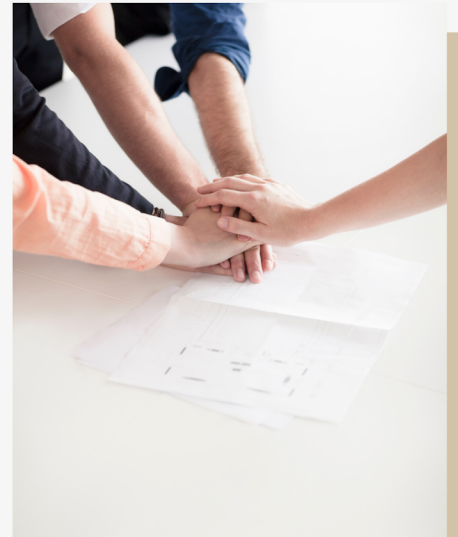
17.00 Departures

#### Cost per person: \*from £150

Within 25 miles of London

1 - 10 attendees £200 pp

11- 30 attendees £150 pp



Bookings: Non refundable deposit secures booking, balance paid 14 days before event.  
14 days minimum notice of change / transfer event date or venue by postcode.

Refund cancellation policy: 50 % of balance refundable with 7 days notice after which no  
refund or transfer is accepted.

Prices are estimated and depend on location and numbers. Please contact us to discuss.

# WELLBEING DAY

## MENS WELLBEING AT WORK

### FULL DAY (GOLD LEVEL)

#### Day Event schedule example:

10.00 Welcome refreshments invigorating snacks and drinks.

10.30 Movement session, stress release techniques.

12.00 Nutrition Workshop - Eat Well for Focus and Productivity.

13.00 Lunch break

14.00 Wellbeing experience - Vision boards

16.00 Yin/restorative & relaxing mindfulness session.

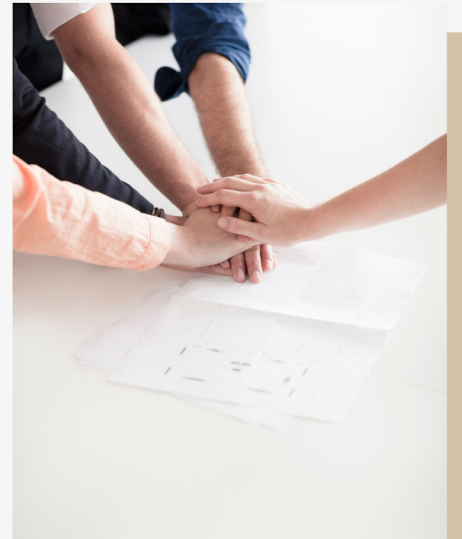
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# OPTIONS AVAILABLE FOR YOUR TEAM

## Level of Support:

**Taster** - Pre-recorded online event (2 hrs) Including Nutrition talk + Movement session. (access to recordings).

**Curious** - Online Live event (2 hrs) Including Nutrition talk + Movement session. (access to recordings).

**Bronze** - Half Day In person Event (3 hrs) 2 team members Including Nutrition talk + Movement session.

**Silver** - Full Day In Person Event. (6 hrs) 2 team members Including Nutrition talk + Movement session + Wellbeing session.

**Gold** - Full Day In Person Event - Including Food. 2 or 3 team members. Including Nutrition talk + Movement session + Wellbeing session + Refreshments.



## CONTACT US TO DISCUSS YOUR REQUIREMENTS

Contact: [Nat@chilloutretreats.com](mailto:Nat@chilloutretreats.com)  
Tel: 0800 078 7944