

## Our creative toolkit

Roshmi and Linda's passion for exploring the body/mind connection has produced a unique collaboration which draws on their experience working with:

Humanistic psychotherapy

Hatha yoga and mindful movement

Resilience building

Relaxation and meditation

Trauma debriefing

Group dynamics

Muscle activation techniques

Creative therapies

Dramatic techniques

roup

Group

## Our clients say

*"I feel empowered to cope with difficult situations...equipped with emotional tools to support my work.."*

*"...fantastic for team development."*

*"...instead of relying on previous methods of reacting, I can find other ways that will feel more comfortable and less stressful"*

## Transforming work environments

- Bespoke workshop programmes for teams
- Stand alone workshops
- Development work with individuals

## We are here to help

Public, private and charitable organisations working at the front line of the health, care, education and justice services.

## Contact Us

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**BEING WELL**

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# BEING WELL

*Resilient and sustainable  
working in high-pressure  
environments*



## People Being Well..

..and happy is the foundation of a sustainable, resilient and effective organization.

Our physical, emotional and psychological responses to pressure determine our professional responses to service users, clients and colleagues.

From day-to-day stress management to supporting those working with the effects of secondary trauma, our holistic approach is supportive, creative and practical.

### Transforming responses to stress

The Fight/Flight/Freeze response to stressful and traumatic situations is well-documented.

Whilst we cannot remove the pressures of your caseload we can address the responses of teams and individuals.

We can give you an awareness of the physiological and psychological systems active in the stress response This will enable you to:

#### Identify

- Habitual responses of individuals to pressure
- Early warning signs of chronic stress
- Ingrained patterns within teams

We will work with you to:

#### Create

- New, healthier ways of responding
- “Safety nets” for times of acute pressure
- A local environment where self-care is recognized as one of the foundations of professional success



**Roshmi Lovatt** is an integrative arts psychotherapist in private practice. She is passionate about the use of creative techniques in the process of trauma transformation and has worked within corporate, statutory and voluntary sectors.

**Linda Wheatley** is an experienced yoga teacher and, alongside her teaching uses BeActivated muscle activation techniques to improve the resilience and performance of her clients. Her work with groups and individuals is based on her passion for the practical exploration and application of the connection of mind, body and spirit.

#### We offer

- Bespoke workshop programmes for teams
- Stand alone workshops
- Development work with individuals