One-one stress/performance support

Gently be offers mentoring and professional therapy to help staff with work-related stress or performance issues. We employ solution focused strategies using the latest brain science to effectively combat stress and accelerate learning.

'Jackie has been a great support to my life in just a few short weeks – she's a highly intuitive therapist, getting to the bottom of any issues to help heal and mend them.' *Rachel, Lawyer*

Leadership support and mentoring

Management and leadership challenges are often best supported by skilled mentoring. We can help with finding a new perspective, new solutions, greater understanding of what is really going on, floating new ideas in a safe place, giving you the nudge you need...all with an experienced management mentor and CEO.

'I've worked in two organisation transformed by Jackie's leadership and I can warmly recommend her as a source of inspiration and sound advice – she raised my confidence, effectiveness and focus. She makes a wonderful mentor.' *Laura Read OBE*

Laughter Yoga

Used by both Google and the BBC as a way of relaxing, energising and uplifting staff. Laughter Yoga is one of Gently be's most popular sessional activities, and can be booked as a single activity or as part of a Time Out. As a group exercise it is also a natural team builder. Gently be's Ali Coutts is a qualified Laughter Yoga teacher.

Mindfulness/Meditation

We are endorsed by the British School of Meditation to teach mindfulness meditation and can tailor courses/sessions to meet your needs.

Your trainers/facilitators

Jackie Bland was a CEO of NGOs for 20 years before choosing to embark on a new career as a psychotherapist. She has wide experience of organisational culture and performance, combined with an in-depth knowledge of how people can achieve true health and well being at work and at home. She is also a qualified teacher of mindfulness/meditation.

Ali Coutts spent the bulk of her career in London and abroad, working in the media and not for profits. Her broad work and life experience has given her a passion for bringing balance to the workplace. Ali's own 'workplace balance' combines running the organisational side of Gently be and leading on our Laughter Yoga.

We'd love to hear from you!

Our approach is to be flexible and creative and we hope this leaflet gives a flavour of what we have to offer. We are happy to work with you to develop a session or course programme and price to suit you.

Ali Coutts can be contacted on 07840 737588 or email her, ali@gentlybe.com.

If you prefer to contact **Jackie Bland** in confidence for individual mentoring/support please e-mail her directly at **jackie@gentlybe.com or call/text 07786 566779.**

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Gently be

Supporting you to achieve balance, health and harmony in your life

Time Out in the Workplace

Would you like to put some quality **time in** to your staff?

Then a Gently be **'Time Out'** could be just what you need!

See inside for our range of professional services designed to support your staff in developing physical and mental well-being.

Why support physical and mental health at work?

Staff who are physically healthy and feel good mentally **perform better,** turn up for **work more reliably** and **relate to one another better**, leading to greater harmony and productivity. And of course healthier, happier staff are **less likely to leave**.

How can Gently be help?

Key to being healthy is understanding how our bodies and minds work, and knowing the practical ways in which we can promote good health and overall satisfaction with life – at work and away from work.

Gently be's trainers and therapists all have extensive experience of the workplace as well as a range of practical responses to employment issues and challenges.

In highly enjoyable, informal sessions we introduce staff **groups** to:

- New ways of understanding how we think and feel and how this plays out at work
- Proven stress reduction and relaxation techniques
- Nutrition facts and how to eat for healthy weight and more energy
- Easy, fun ways of using movement to support physical and mental well-being

We also support **individuals** to work through specific issues in the workplace. These might include stress and anxiety issues; improving learning and performance; relationship/communication issues and management/leadership mentoring. *(for more details see back of leaflet)*

WORK/LIFE BALANCE

'The answer to finding better work/life balance is to find the right blend between all our activities - regardless of where and when they occur.' *Michael Thomas Sunnarborg.*

Time Outs

We can tailor our support sessions to suit you, so please get in contact to discuss how we can help.

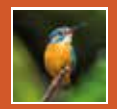
Some of our most popular sessions are called **Time Outs**. In a Time Out (which can be as little as 2.5 hours, or as much as a full residential retreat) we combine sessions on thoughts, feelings and relaxation, with nutrition and healthy, fun movement. Participants leave feeling more focused, informed, uplifted and relaxed:

'It was a breath of fresh air and a chance to unwind and try new things. By the end of the day I felt enthused. I also realised that I was 'normal' in looking for ways to make life happier and calmer.' *Sarah, Solicitor.*

'I loved the practical activities for movement and relaxation and plan to continue with them.' *Mary, Community Support Worker.*

Benefits

Everything experienced during a Time Out session can be easily practised and incorporated into daily life, helping staff to:

- De-stress, relax and experience improved sleep
- Include easy movement to aid physical health
- Make beneficial food choices for weight and energy

At Gently be we are inspired by the kingfisher - we see it as a symbol of how to 'gently be'. It sits calmly, yet is always alert and focused; capable at any moment of launching itself into magnificent flight and action.