

Corporate Wellbeing

How to help your business thrive

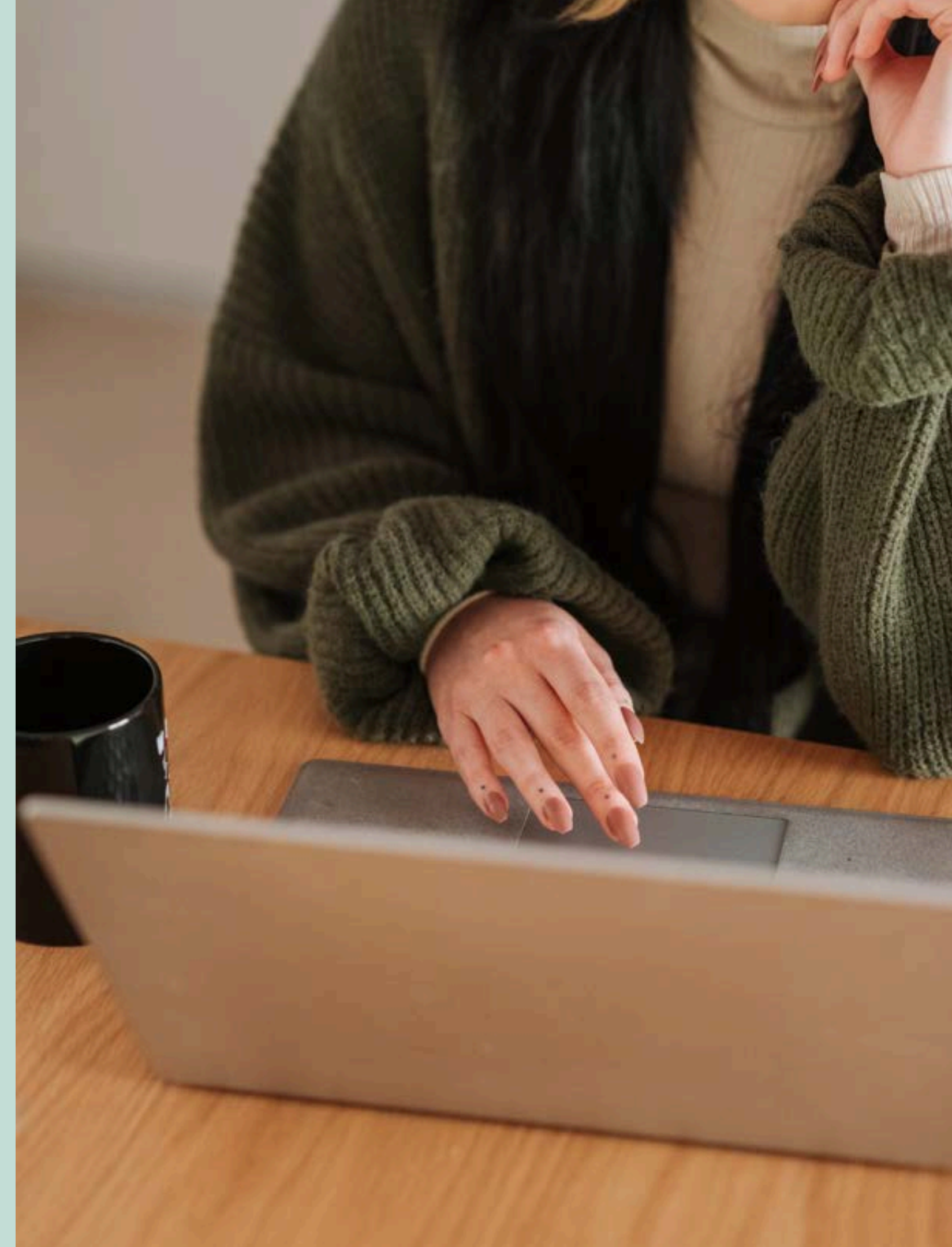


Why have a wellbeing programme?

Offering your staff a workplace wellbeing benefits package they value is fantastic for recruitment and retention. However, integrating one of our wellbeing packages can deliver even more significant advantages, such as addressing common issues:

- The Health and Safety Executive (HSE) reported that in 2022/23, 17.1 million working days were lost due to stress, depression, and anxiety.
- Long-term stress can lead to digestive issues, headaches, heart disease, sleep problems, weight gain, impaired memory and concentration, and weakened immune systems.
- On average, individuals taking time off for back pain and muscular aches take around 15.8 days off per year.
- The UK economy lost approximately £20.7 billion annually due to sick days and low productivity resulting from ill-health

An effective wellbeing programme can help mitigate these problems, leading to fewer sick days, improved productivity, and a more motivated workforce.



What Float Spa wellbeing programme offers...

1

FEWER SICK DAYS

2

INCREASED PRODUCTIVITY

3

MOTIVATED STAFF

4

BOOSTED RECRUITMENT
POWER

5

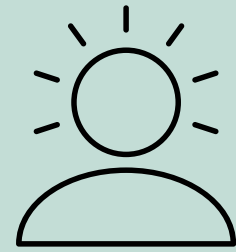
IMPROVED STAFF RETENTION

6

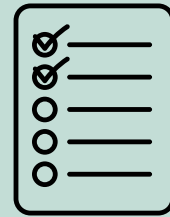
IMPROVED CONCENTRATION
AND ENERGY LEVELS

All of this means higher profits, reduced costs and less aggravation.

How we achieve this on site at your company



LUNCH & LEARN
WORKSHOPS



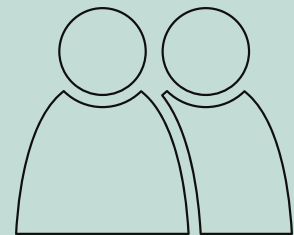
WELLNESS AWARENESS
WEEKS



MEDITATION
SESSIONS



GROUP COACHING
SESSIONS



1-2-1 COACHING
SESSIONS



MASSAGE
TREATMENTS



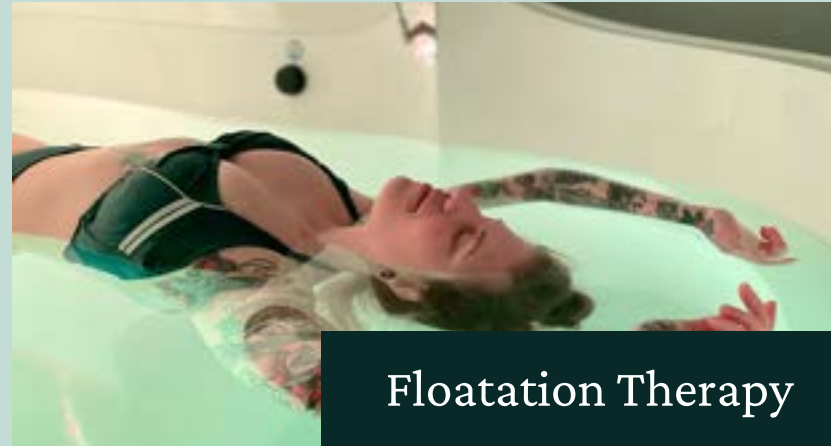
WELLBEING TEAMS
SUPPORT



CHAIR YOGA/PILATES
SESSIONS



Treatments available at Float Spa



Floatation Therapy



Yoga Classes



Acupuncture



Massage Therapy



Infrared Sauna



1-2-1 Coaching



Group Coaching



Meditation Classes



Nutrition

Packages

We offer 4 levels of partnerships for businesses



OPTION 1

our basic programme, offering a discount code to all employees which can be redeemed at Float Spa.



OPTION 2

Corporate payment plan for all or a select number of employees to use the services at Float Spa.



OPTION 3

At your company workshops, talks and sessions all priced individually based on needs and requirements.



OPTION 4

Fully inclusive package, where a dedicated team member from Float Spa will work closely with your internal HR or wellbeing team, to design a programme which is suitable for the needs and requirements of your business. This package is limited to only 5 companies.

Get in touch!

If you would like to know more about how a wellbeing programme with us could help your business to thrive. Email Camille Pierson on camille@thefloatspa.co.uk



Yoga Classes

Via Zoom, in person at your office or Float Spa Studio

Every workplace is unique, which is why we offer flexible yoga sessions to suit your team's needs. Whether you prefer in-person classes at your office, sessions at Float Spa studio, or remote classes via Zoom, we make it easy to bring the benefits of yoga into the workday.

Our workplace yoga classes are suitable for all levels, ensuring that everyone can participate comfortably—no prior experience needed. Chair yoga is also available for desk-based employees, providing the benefits of movement, breathwork, and mindfulness without needing to sit on the floor.

Benefits of Workplace Yoga:

- Reduces stress & promotes relaxation

- Improves posture & relieves physical tension (e.g. back pain, sciatica)

- Enhances focus & productivity

- Encourages a calmer, more balanced workplace

Session Length: 45 – 60 minutes

Available On-Site, at Float Spa Studio, or via Zoom



Pilates Classes

Via Zoom, in person at your office or Float Spa Studio

Sitting at a desk all day? Feeling tense, stiff, or low on energy?

Workplace Pilates is designed to help employees improve posture, relieve tension, and boost overall wellbeing—all in a way that fits seamlessly into the workday.

Led by expert instructors, this low-impact class focuses on core strength, flexibility, and mindful movement, helping to reduce aches, prevent injury, and enhance focus. Whether your team joins virtually via Zoom or attends an in-person session at Float Spa studio, they'll leave feeling refreshed, re-energised, and ready to take on the day.

Benefits of Workplace Pilates:

- Improves posture & relieves back tension from long hours at a desk

- Reduces stress & enhances focus for a more productive workday

- Boosts flexibility & mobility to prevent stiffness and discomfort

- Suitable for all levels—no prior experience needed

Session Length: 45 – 60 minutes

Available On-Site at Float Spa Studio or via Zoom



Sound Bath

Only in person at your office or Float Spa Studio

Immerse your team in a deeply restorative experience with a Corporate Sound Bath, designed to reduce stress, enhance focus, and promote overall wellbeing. This immersive session uses therapeutic sounds and vibrations from gongs, singing bowls, and chimes to induce a state of deep relaxation—helping employees feel refreshed, recharged, and more balanced.

Perfect for high-stress environments, a sound bath requires no effort—just lie back, relax, and let the sound waves do the work. By integrating this practice into the workplace, teams can experience lower stress levels, improved mental clarity, and a greater sense of calm.

Benefits of a Corporate Sound Bath:

- Reduces stress & mental fatigue

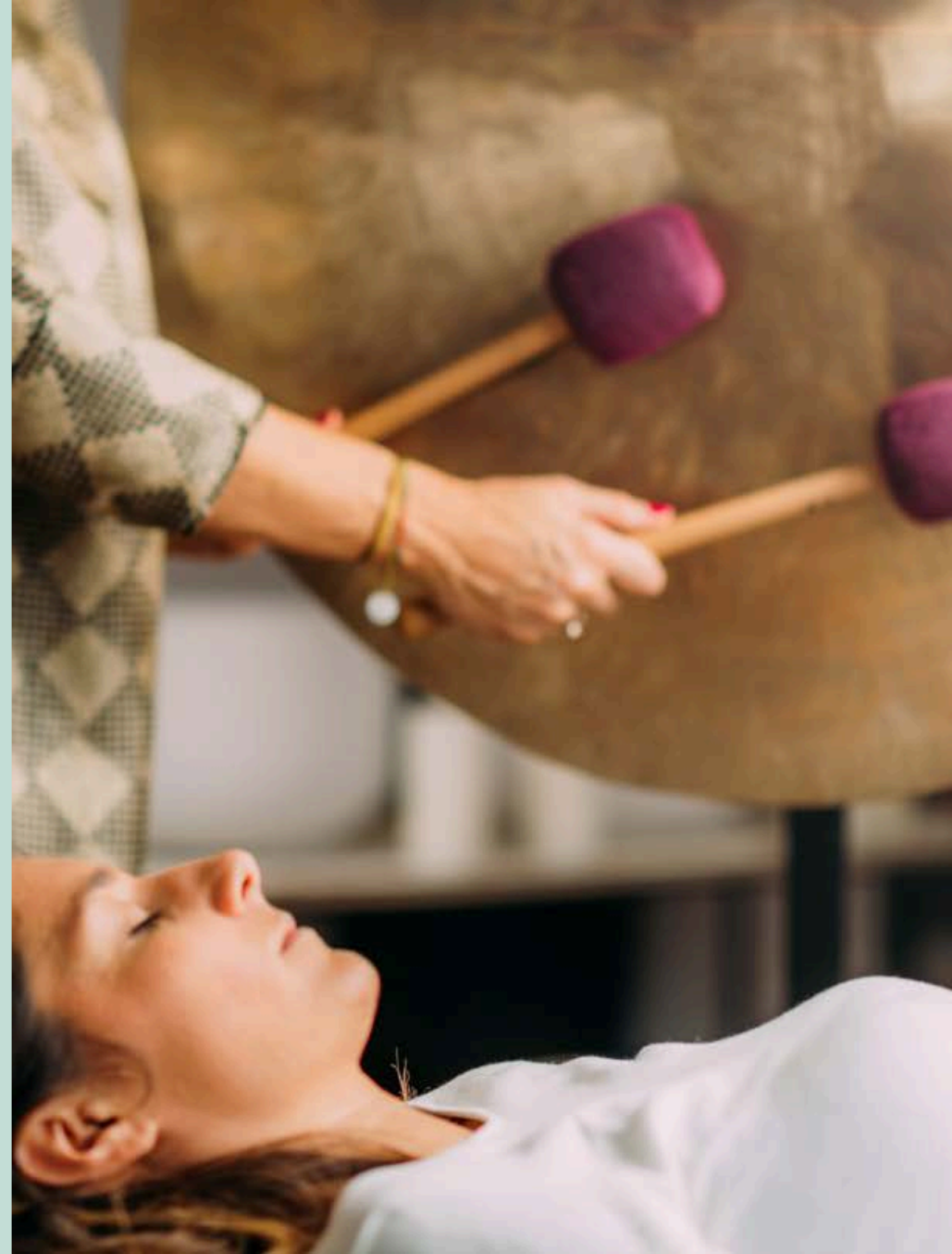
- Promotes deep relaxation & mindfulness

- Enhances focus & creativity

- Supports overall emotional & physical wellbeing

Session Length: 45 – 60 minutes

Give your team the gift of relaxation—book a Corporate Sound Bath today!



Preventing Burnout

Available via Zoom or On-Site at Your Business

Have you ever felt overwhelmed at work? Are you an employer concerned about your team's wellbeing and productivity?

Burnout is more than just stress - it's a state of emotional, mental, and physical exhaustion caused by prolonged or chronic job pressure. It affects not only individual performance but also workplace morale, engagement, and overall company culture.

What You'll Gain from This Workshop:

- Learn how to identify the early warning signs of burnout

- Develop strategies to reduce stress and build resilience

- Explore personalised techniques to manage and prevent burnout when it strikes

- Understand how workplace culture impacts mental wellbeing and how to create positive change

This engaging and insightful session will leave your team feeling empowered, refreshed, and better equipped to handle workplace pressures.



Mastering Time:

Work Smarter, Not Harder

A Lunch & Learn Session for Businesses and Their Employees

Time is one of our most valuable resources, yet it often feels like there's never enough of it. Many of us wish for an extra hour in the day or an extra day in the week just to keep up.

But what if the key isn't finding more time, but using it more effectively? In this engaging Lunch & Learn session, we'll reframe the way you think about time and explore practical strategies to maximise productivity, minimise wasted effort, and create a schedule that truly works for you.

What You'll Learn:

- How to identify hidden time drains and reclaim lost hours

- Techniques to prevent backlogs and stay ahead of your workload

- How to design a schedule that fits your unique needs and working style

- Smart strategies to boost efficiency and productivity without burnout

Give your team the tools to work smarter, not harder. Get in touch to book your session today!



Boost Your Productivity

A Lunch & Learn Session for Busy Professionals

Always busy but never caught up? Skipping breaks, rushing through meetings, and still feeling behind? You're not the problem—the system is.

Enter Tiny Habits—small, powerful changes that fit seamlessly into your day, helping you work smarter, not harder.

In This One-Hour Workshop, You'll Learn:

- How to maximise focus and efficiency without burnout

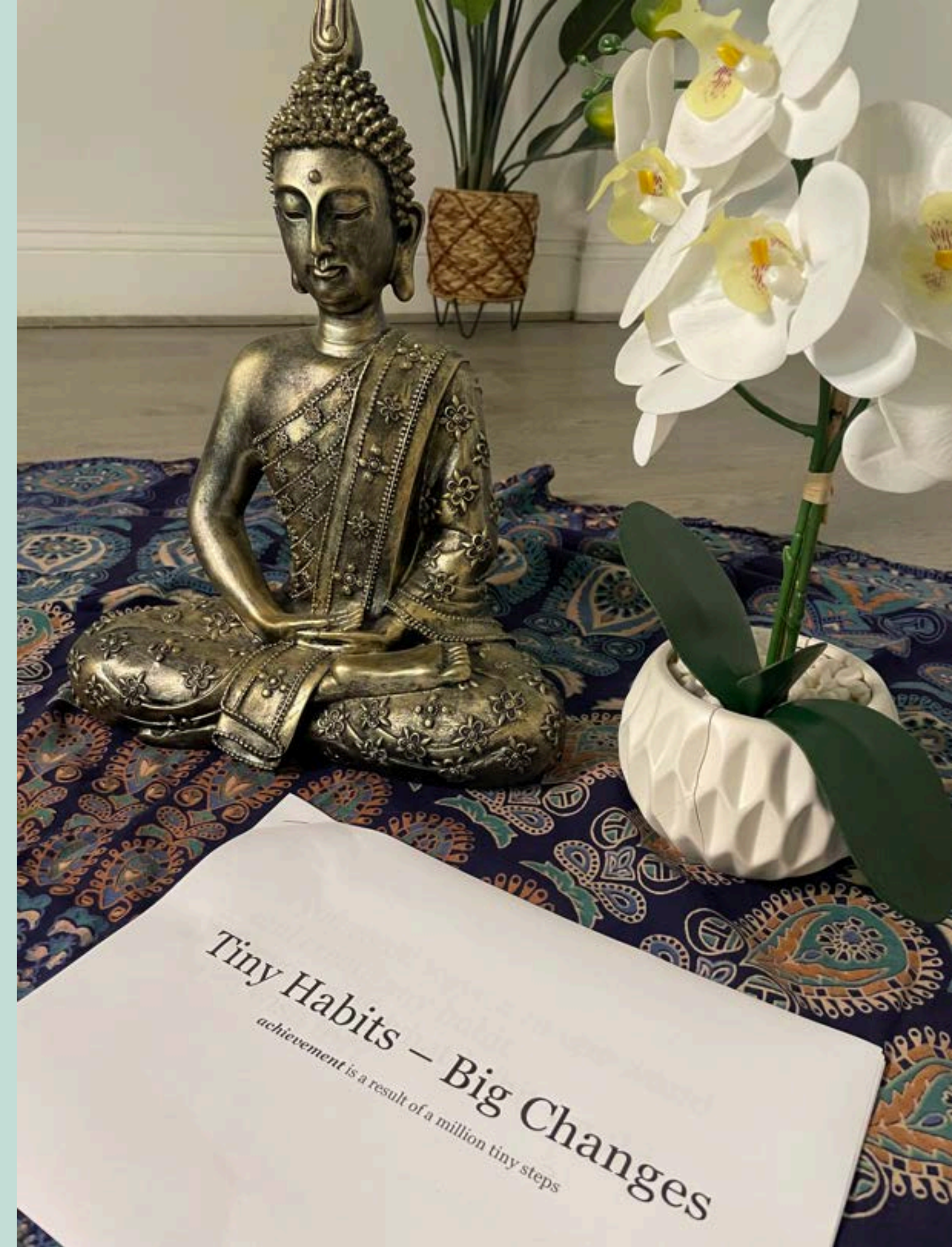
- Why traditional productivity hacks fail—and what works instead

- Simple, science-backed techniques to create lasting habits

- How tiny wins add up to big results

On-Site or via Zoom

Get more done, with less stress. Book your session today!



Matcha & Meditation

A Journey to calm...

A Relaxing Lunch & Learn Session for Beginners & Non-Meditators
Struggling to switch off? Think meditation isn't for you? This session is perfect for those who can't meditate, have never tried, or simply need a fresh approach.

For centuries, Matcha and Meditation have been used to calm restless minds and nourish the body. Buddhist monks have long relied on matcha's natural energy boost to support deep meditation, and even the ritual of preparing matcha is a mindful, grounding experience.

This Workshop is Excellent for Calming Monkey Minds

- Learn to prepare a nourishing bowl of matcha

- Understand matcha quality—spot the real from the fake

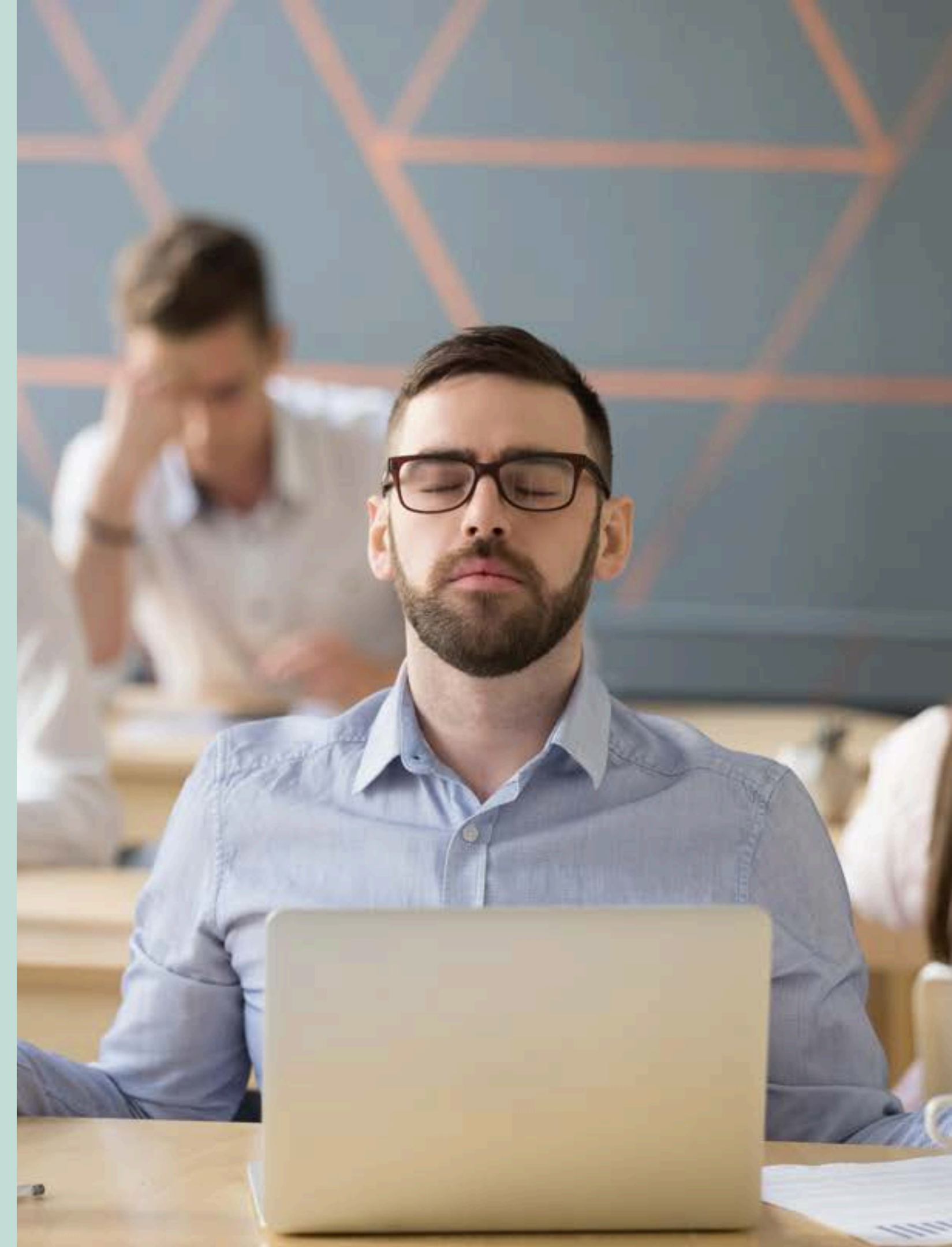
- Discover matcha's unique health benefits

- Combine matcha-making with mindfulness for deeper relaxation

- Enjoy an extended meditation practice to quiet a busy mind

- Available On-Site at Your Business Premises only

- Slow down, sip, and find your calm. Book your session today!



Reignite Your Purpose

A Goal Setting Session

A Lunch & Learn Session for Personal & Professional Growth
Feeling stuck? Lost sight of your aspirations? Whether it's your career, personal life, or wellbeing, it's easy to drift away from the goals that once inspired you. This workshop will help you reset, refocus, and create a clear plan to achieve a more fulfilling life.

In This Session, You Will Learn:

- How to set achievable goals that align with your values

- Techniques to calm your mind in moments of stress and overwhelm

- How to create mental space to focus on what truly matters

- Time-saving strategies to reclaim your day and make room for your aspirations

Recommended Duration: 90 min – 2 hours

Available On-Site at Your Business Premises or via Zoom

Ready to take control of your future? Book your session today!



How to Detox: Supporting Your Body's Natural Cleanse

A Lunch & Learn Session for a Healthier You

Toxins are everywhere—in the air we breathe, the food we eat, and even our daily routines. But did you know your body has its own powerful detoxification system? This workshop will teach you how to reduce toxin exposure and support your body's natural detox process for better energy, clarity, and overall wellbeing.

What You'll Learn:

- What toxins are and where they come from
- How to reduce toxin exposure in daily life
- Different detox methods and how they work
- How to create a simple, sustainable detox plan

Recommended Duration: 45 min – 1 hour

Available On-Site at Your Business Premises or via Zoom

Cleanse, refresh, and feel your best. Book your session today!



Workplace Wellbeing: Creating a Culture That Supports Your Team

A Lunch & Learn Session for Business Leaders & HR Teams

Employee wellbeing is no longer a nice-to-have—it's a must-have for businesses looking to attract, retain, and support a thriving workforce. With up to four generations working side by side, companies must adopt inclusive and sustainable wellbeing strategies that go beyond a simple tick-box exercise.

A strong wellbeing culture requires consistent reinforcement through internal initiatives, open communication, and active participation. But where do you currently stand on your employee wellbeing journey—and where do you want to be?

Key Questions We'll Explore:

- Do you have a structured employee wellbeing strategy?
- Are financial wellbeing tools, like retailer discounts, in place?
- Is there effective mental health support available to your team?
- Do you offer a variety of tools to boost physical wellbeing?
- Are existing benefits underutilised due to poor engagement?

What You'll Gain from This Session:

- Clarity on your current wellbeing strategy and areas for improvement
- A practical action plan tailored to your workforce
- Insights on how to increase engagement and sustainability of wellbeing initiatives

Recommended Duration: 2 Hours

Available On-Site at Your Business Premises or via Zoom



Fuel for Success: The Power of Nutrition in the Workplace

A Lunch & Learn Session for Healthier, More Productive Teams

Did you know that poor nutrition can reduce employee efficiency by 20%?

Studies show that inadequate nourishment is directly linked to higher absenteeism, low morale, and decreased productivity. Investing in nutrition doesn't just support employee wellbeing—it's also a powerful tool for reducing sick days and attracting top talent.

Ever experienced the 2pm energy crash or noticed that morning meetings are the most productive? The connection between food and performance is undeniable. This workshop provides employees with a practical understanding of nutrition so they can make informed food choices that boost energy, focus, and overall wellbeing.

What You'll Learn:

- The key macronutrients and their role in energy and performance

- How to make better food choices for sustained focus and productivity

- Common food mistakes that drain energy and slow performance

- 10 simple food principles to adopt for a healthier, more balanced life

Recommended Duration: 1 Hour

Available On-Site at Your Business Premises or via Zoom



Calm Your Monkey Mind: A Beginner's Guide to Meditation

A Lunch & Learn Session for Those Who Struggle to Switch Off
Ever wanted to start meditating but find yourself distracted by to-do lists, chores, or a restless mind? If so, this workshop is for you. Designed for absolute beginners, this session explores a range of meditation techniques—including guided meditations, visualisations, silence, and sound—to help you find a practice that works for you.

What You'll Experience:

- Practical meditation techniques to calm your monkey mind
- Guided meditations & visualisations to help you switch off
- Coaching tools to create your own at-home meditation practice
- Take-home guided meditations to support your journey

Available On-Site at Your Business Premises or via Zoom
Ready to find stillness in a busy world? Book your session today!



Sleep is Your Superpower: Unlock Rest for a Healthier, Smarter You

A Lunch & Learn Session for Better Sleep & Wellbeing

Did you know that lack of sleep is now officially classed as a carcinogen? Science proves that we need 7–9 hours of sleep to truly benefit from its restorative power—yet so many of us struggle to get enough. Sleep isn't just rest—it's when we become stronger, healthier, and sharper. If you're feeling drained, unfocused, or simply not at your best, your sleep might be the missing piece.

What You'll Learn in This Workshop:

- The science of sleep—why it's crucial for health & performance

- Simple tricks & techniques to improve sleep quality

- Are you a night owl or an early bird? Learn what works best for you

- How to build a personalised sleep routine for better rest

Recommended Duration: 1 Hour – 90 Minutes

Available On-Site at Your Business Premises or via Zoom

Recharge, restore, and sleep better. Book your session today!



How to Stop Doomscrolling: Take Back Control of Your Time & Mind

A Lunch & Learn Session for a Healthier Digital Life

Endlessly scrolling through bad news, social media, or mindless content—only to realise you've wasted hours? Doomscrolling isn't just a habit—it's a trap. It fuels stress, anxiety, and distraction, leaving you feeling drained rather than informed.

But here's the good news: small, intentional changes can break the cycle. By applying Tiny Habits® principles, you can rewire your scrolling habits, reclaim your time, and create a healthier relationship with technology—without relying on willpower alone.

What You'll Learn:

- Why we doomscroll—the psychology behind addictive scrolling

- How small habit shifts can help you break free effortlessly

- Simple, science-backed techniques to reduce screen time without feeling deprived

- Tiny, achievable swaps to replace scrolling with mindful, productive habits

Available On-Site at Your Business Premises or via Zoom

Take back control—one tiny habit at a time. Book your session today!

