



Wellness Activities





We offer companies bespoke wellbeing events based on their business needs and culture. We create dedicated programmes delivered by the best speakers, trainers, teachers and therapists. All highly qualified and recommended, our sessions are ideal for teams looking to introduce wellbeing elements such as trying a learning lunch, or enjoying an alternative team rewards day. From morning yoga and jogging sessions to enliven your event attendees, to evening relaxation experiences, we have a unique insight into what's popular, creating good energy for days to come.

By supporting good mental and physical health in the workplace you increase energy, motivation and productivity. Wellness initiatives create a shared goal and purpose for people inside and outside of work. This brings teams and colleagues together and builds camaraderie. Wellbeing in the workplace can help decrease personal and professional stress. Fitness, nutrition, mindfulness and meditation all offer scientifically proven ways of reducing and managing stress.

Areas of expertise include:

- Physical therapy and treatments - virtual reality massage, hypnotherapy, musical hypnotherapy, kinesiology, shiatsu, massage, tai chi, reiki, Alexander technique, yoga, yoga nidra, breathing workshops, mindfulness in motion, sound meditation / sound healing with gongs and the Rosen method
- Craft and creativity - creative drop-in activities run in your office, break out spaces over lunch, or throughout the day. Employees can drop in based on their schedules to recharge their batteries and try something new, or we can offer scheduled group sessions providing a great opportunity for teams to collaborate and think differently. Options include; mindful photography, colouring workshops, calligraphy, mala bead making, aromatherapy, art and emotional intelligence, macramé, needle felting and making neon art
- Mindfulness - happiness and performance
- Stress management
- Mental health training
- Digital health
- Sleep therapy
- Nutritional advice
- Resilience and fitness

Please note that due to the bespoke nature of these events, all costs and requirements are provided on application



Why Firebird Events?

- Our fantastic team are creative, knowledgeable, experienced, friendly and fun. Thanks to our drive, dedication and attention to detail, we will deliver you an unforgettable event experience.
- We listen. We can provide you with great ideas, bespoke solutions and reliable service, helping you to create an event which suits *your* needs and objectives.
- Well established within the industry since 2000, our reputation and fantastic relationships have enabled us to work with an array of clients, including many large corporations and top UK venues, time and time again.
- We can provide everything from a single activity, to an entirely produced event, providing first class team building days and corporate events.
- Our hard work has been recognised within the event industry, winning awards in the category of “Best Event Provider” at the M&IT industry awards – silver in 2018, bronze in 2019 and silver in 2020.
- Firebird Events are covered by a minimum of £1 million Public Liability Insurance.

Notes

- All prices are subject to VAT at the current rate.
- All prices are subject to availability.
- Prices may be subject to change.
- All prices where an event set up fee is stated are subject to the relevant per head fee on top.
- Some services or items may be subject to minimum order fee.
- Prices may be subject to travel and accommodation charges.
- Full payment will be due 30 days prior to event date (unless a credit account has been agreed in advance).
- Soft or hot drinks (weather dependent) should be provided for our team throughout the duration of the event.
- Depending on length of the event, hot food may be required for the team.

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