



Virtual Wellness & Mindfulness Activities



Our virtual webinars explore a range of topics key to good health and offers employers a great way to connect with employees.

Sessions can offer support including ideas around: Productivity and energy and reducing sickness - Supporting good mental health and managing stress and anxiety - Helping build stamina, resilience and good gut health with nutritional advice - Assisting with good sleep hygiene and practices to improve productivity and support mental health.

Wellness Sessions - 60 minute session on one of the below topics:

- Managing work life balance
- The conscious guide to stress
- Personal wellbeing and self compassion
- Neuroplasticity and happiness
- Digital wellbeing
- Navigating change and uncertainty
- Mindfulness 101
- Mindfulness embedding your practice

Stress and Health – 60 minute session on one of the below topics:

- Stress and Health - nutrition to combat anxiety
- Stress and Health - digestion
- A healthy perspective on healthy eating
- The sleep and mental health connection
- Change your lifestyle



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.

Copyright

This document is the property of Firebird Events Ltd. It includes information, advice, recommendations and prices that are of a strictly confidential nature. Therefore the document is tendered on the express understanding that its contents are copyright and that the ideas and recommendations expressed in it are, and remain, the intellectual property of Firebird Events Ltd. It should be understood that no information contained in this document should be divulged to any third party without our prior written consent. In instances where a breach of this copyright is brought to our attention, please be advised that it is company policy to take necessary actions to protect our intellectual property in the event of imitation or any other such use of the content of this and similar documents.