

MINDFUL STATION

HIGH IMPACT WELLBEING TRAINING



Revive & Thrive

£650

45 minute breathwork workshop designed to unleash the power of your breath for stress reduction and enhanced wellbeing. Discover the transformative potential within your breath to revitalise your mind and body and help you thrive in the workplace.

During this interactive breathing workshop attendees will:

- Learn how to harness the power of their breath to reduce stress and anxiety and increase levels of happiness and wellbeing.
- Discover simple breathing exercises to improve sleep, relaxation and motivation.
- Learn how to breathe correctly and cultivate emotional balance, reduce reactivity and develop resilience in the face of challenging situations.

This session concludes with an interactive Breathwork session set to music!

TESTIMONIALS

"From the first conversation we had to the delivery of her Revive and Thrive workshop, Karen was a delight to work with. Karen understood what I was looking to deliver and created a session to help fit the bill. On the day, my colleagues all gave great feedback and I look forward to working with Karen again" **Frederica Sherwood, Account Manager, VISA**

"Karen taught the LinkedIn team during our learning INday and boy I was blown away by the power of breathwork! Karen's enthusiastic and energetic vibes brought so much positive energy that is so deeply felt in a virtual session. I truly enjoyed the session and loved every moment of it" **Lena Chang, Head of Customer Success, LinkedIn**

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Seven Healthy Habits for Happy Employees

£650

45 minute wellbeing session designed to elevate your employees well-being, boost productivity and foster a happier, healthier workplace. This workshop equips participants with practical, sustainable habits that can be incorporated into their daily routines for long-term benefits.

During this interactive wellbeing workshop attendees will:

- Discover the power of mindful breathing.
- Learn the importance of movement and how taking breaks contributes to better physical health, reducing the negative impacts of sedentary behaviour.
- Explore tools to reframe negative thoughts, fostering mental resilience and a more optimistic outlook.
- Develop habits to enhance focus and productivity, helping employees manage stress and work more efficiently

TESTIMONIALS

"I recently attended Karen's "Seven Healthy Habits for Happy Employees," workshop and it was excellent. Karen's passion for well-being is contagious, and her workshop was a breath of fresh air! Her delivery was engaging, blending insightful content with interactive activities that kept everyone involved. Each habit was not just a suggestion but a roadmap to cultivating a positive and healthy work life. I wholeheartedly recommend Karen and her workshops to any organisation seeking to enhance employee well-being and foster a culture of happiness and productivity" **Noreen McGovern, Events Manager, Lane Clarke & Peacock**

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Zen in 30

£250

Zen in 30 is your express ticket to tranquillity! During this short yet effective 30-minute mindful meditation session, you'll find peace and focus as you dive into the serenity and emerge recharged and refreshed!

Breath Beatz

£250

A 30-minute breathwork session choreographed to music. A unique and transformative session with far reaching physical and mental health benefits. Perfect for a stress busting lunchtime activity.

One Year Wellbeing Package

£1250

Ensure lasting benefits by investing in a full year of high impact training. Kickstart your wellbeing programme with TWO 45-minute workshops and top-up every quarter(3 session in total) with a Zen in 30 or BreathBeatz session.

TESTIMONIAL

"Karen ran a breathwork session as part of our World Menopause Day celebrations. The session was brilliant, exactly what we had requested, really uplifting and a great way to demonstrate how different breathing techniques can immediately change the way we feel. I'd thoroughly recommend Karen to organisations looking to improve the wellbeing of their teams. Thank you Karen!" **Amanda Hammond, Wellbeing Lead, Fujitsu UK**

***All sessions can be delivered online or in person (depending on location) for an unlimited number of attendees**

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Mindful@Work 4 Week Mindfulness Programme

£1997

Elevate your workplace culture with the "Mindful@Work" programme, a four-week mindfulness based programme designed to cultivate well-being and foster a positive, resilient and productive work environment.

This programme is specifically designed to empower employees with practical mindfulness based tools and techniques to manage stress, enhance focus and promote overall mental well-being.

Key benefits for your organisation include:

- **Reduction in Absenteeism:** By addressing stress and promoting overall well-being, mindfulness can contribute to a reduction in absenteeism and an increase in employee retention.
- **Stress Reduction:** Mindfulness practices help employees manage stress more effectively, leading to increased resilience and a healthier work-life balance.
- **Enhanced Focus and Productivity:** Mindfulness fosters heightened attention and concentration, leading to improved focus and increased productivity among employees.
- **Improved Well-being:** Employees who engage in mindfulness report enhanced overall well-being, including improved mental health, better sleep, and a greater sense of fulfilment.

For full information including the programme overview please refer to the brochure.

***price is for unlimited amount of attendees**

MINDFUL STATION CONFERENCES



Conferences

Transform your conference experience by incorporating a rejuvenating breathwork experience that leaves a lasting impression on your participants. My expert-led breathwork experiences are customisable to suit the unique themes and objectives of your conference whether you want to provide a refreshing break for attendees, alleviate stress and promote relaxation or combat mid-day slumps and maintain peak energy throughout the conference!

Half Day

£650

Half day conference experience includes 15 minute introduction session, including breakout session or workshop.

Full Day

£1200

Multiple sessions, including morning and afternoon workshops.

Customised

Available on request

Customised Breathwork Package tailored sessions based on conference theme or specific needs.

TESTIMONIAL

"We recently had Karen for a 10-minute session at the beginning of our networking event and it was the most calming and energising experience. All our attendees loved it too. Karen personally is so lovely and easy to work with and I would recommend her to anyone"

Rachel Boswell, Marketing Executive, Startup Magazines

MINDFUL STATION HIGH IMPACT TRAINING



BIO

Karen Farrell is a dynamic corporate wellbeing trainer renowned for delivering high-impact workshops. Specialising in mindfulness and breathwork, she empowers organisations and individuals to enhance resilience, reduce stress, and foster a culture of holistic wellbeing. With a passion for transformative practices, Karen brings a fresh and energising approach to workplace wellness.

Contact



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