

Workplace Wellbeing Sessions

Mindfulness and Resilience for better mental health, wellbeing and stress reduction

My work is grounded in neuroscience of habit formation, mindfulness-based attention training, trauma-informed understanding of the nervous system, mental health and practical self-regulation tools that can be used in everyday working life. At its heart, this approach combines mindfulness and compassion to support long-term, sustainable transformation, both individually and across teams.

Organisations I work with often see meaningful shifts in workplace culture and wellbeing, including reduced stress and burnout risk, improved emotional regulation under pressure, better communication within teams, increased focus and clarity, and a healthier, more sustainable way of working.

What I deliver

I offer a range of workplace mental health, wellbeing and mindfulness-based support, including workshops, training programmes, and stress and resilience sessions. I also work with leaders and teams through away days, reflective sessions, and bespoke organisational programmes tailored to specific needs.

My work is based on:

- Evidence-based mindfulness approaches, including Mindfulness Based Stress Reduction and Mindfulness for Chronic Pain and Illness, supporting awareness of thoughts, emotions, and the body.
- Self-compassion practices grounded in the clinical models of Dr Kristin Neff and Prof Paul Gilbert.
- Trauma-informed mindfulness, awareness of nervous system regulation, drawing on the work of Dr Bessel van der Kolk and Dr David Treleaven.
- Excellent understanding of mental health, shaped by lived experience and working for the charity Mind.
- Insight Inquiry practices to support reflective questioning that deepens understanding and transformative awareness.
- Application of Buddhist psychology to cultivate insight and wisdom about the human condition.
- Practical, accessible tools for everyday life, including guided audio meditations.

Delivering Bespoke Training Sessions

I work closely with clients to understand their needs, tailoring training to fulfil the need rather than delivering 'off the shelf' training. My experience and knowledge in this field means I can draw from many areas to create meaningful and impactful training sessions and programmes.

Sessions commonly explore themes such as:

- Understanding stress and reactivity in the brain
- Building emotional resilience at work
- Working effectively with overwhelm and cognitive overload
- Developing mindful awareness and self-compassion in high-pressure environments
- Preventing burnout through early awareness and regulation

Each session will involve a combination of teaching, group discussion, peer learning and led meditations.

Fees for Training Sessions

Fees include travel expenses within Greater Manchester, printed resources / training materials, access to led meditations for participants on full day and half day session.

	Large Organisations	Medium Organisations	Small Organisations
Full Day	800	600	500
Half Day	500	400	350
Taster: 1- 1.5 hours	400	350	300
Mini-Taster: 45 mins	350	250	175

Organisation size guide

- **Large organisations:** large private sector organisations and national charities
- **Medium organisations:** public sector organisations, universities, NHS teams, and mid-sized charities/businesses
- **Small organisations:** SMEs, grassroots organisations and small charities

Fees based on up to 20 people per session. Fees will vary for larger numbers of attendees or programmes and courses, and additional travel expenses for delivery outside of Greater Manchester. Discounts are available for multi-session bookings and ongoing programmes.

Please get in touch to discuss lilasuri@wildawake-mindfulness.co.uk