

Beyond Burnout

SOUNDS WITH STEPH

PRESS PAUSE RETREAT

Sound baths & Wellbeing support

Half or full day

At an out-of-office venue of your choice

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Sound baths | Wellbeing support | Half or full day

IN A NUTSHELL

This half or full day retreat brings together healing sound baths, deep relaxation, and grounding wellbeing support. It offers your team that 'out of office' feeling plus tried and tested ways to stay steady for the season ahead.

WHAT'S INCLUDED?

All equipment, materials & herbal teas.

Arrival & closing crystal bowls sound bath.

Your choice of: Stress education, journalling, group coaching, forest immersion, somatic movement, wellbeing planning, learn the crystal bowls and/or mindfulness.

HOW MANY PEOPLE & HOW MUCH?

£90 per person for a half day

£150 per person for a full day

(Minimum 15 | Maximum 25. Activities dependent on time, place and needs of your group)

ABOUT US

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Steph is a CMA-accredited sound practitioner who focuses on grounding, stress-relief, and physical and mental rest. Through the highest quality crystal singing bowls and other instruments, Steph creates a soothing space where you feel comfortable enough to pause and reset.

Rebecca is a coach and facilitator specialising in burnout prevention and recovery through coaching, nature connection and creative reflection. Rebecca spent 10 years working in the charity sector and knows first hand how easily burnout can creep up on us.

Rebecca and Steph have come together through a shared belief in 'no gimmicks' wellbeing support. They are down to earth, calm, caring and use research-backed approaches.

INFO

WHAT IS A SOUND BATH?

A sound bath (also called sound healing) is a deeply restorative experience, where you lie down and are bathed in the soothing sounds and vibrations from the crystal singing bowls and other instruments. The sounds, vibrations and frequencies support your body and mind to enter slower brainwaves and states of consciousness.

WHY CHOOSE A SOUND BATH?

Sound baths are a gentle yet powerful way to care for yourself and your team. They calm the mind, ease stress and anxiety, boost mental clarity, and soothe the nervous system. You can read more about *The Science of Sound* on Steph's website.

WHAT PEOPLE SAY

"This was so magical and needed."

"It was great!! Left me feeling very relaxed and I will definitely attend another session."

"My nervous system feels so calm."

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WHAT IS BURNOUT?

Burnout is a state of physical and emotional exhaustion and occurs when you experience long-term, un-managed stress in your job, or caring role. With 1 in 5 UK workers taking time off in the last year due to stress, it is so important to understand the warning signs of burnout and find what works for you and your team to stay well.

WHAT IS BURNOUT SUPPORT?

Rebecca's practical, compassionate sessions work in harmony with Steph's restorative sound-bath. Rebecca will help you to take a step back from the daily grind and find 'small but mighty' ways to prioritise your wellbeing at work. There is no one size fits all rule to burnout, but Rebecca's creative and insightful workshops have something for everyone to take away and try.

WHAT HAVE OTHERS SAID?

"I cannot recommend Rebecca highly enough; she is a brilliant and lovely human. A balm for modern life, I wish I could carry her in my pocket!"

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Drop either of us a line.
We'd love to hear how we can
support your team this season.

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