

Beyond Burnout

SOUNDS WITH STEPH

PRESS PAUSE WORKSHOP

Sound bath & Wellbeing support

60/90 mins

We come to you!

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IN A NUTSHELL

This short session brings together a restful sound bath and a gentle wellbeing workshop all designed to help your team 'press pause' as part of the working day.

WHAT'S INCLUDED?

- 30/45min practical wellbeing workshop with Rebecca @[beyondburnoutcoaching](https://www.beyondburnoutcoaching.com)
- 30/45min grounding sound bath from Steph @[sounds.with.steph](https://www.sounds.with.steph.com)
- All equipment & materials (*2 separate spaces required*)

HOW MANY PEOPLE & HOW MUCH?

60 mins: £40pp | 90 mins: £55pp
(Minimum 15 | Maximum 25)

ABOUT US

PRESS
PAUSE
WORKSHOP



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 HAVE OTHERS SAID?

"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."

INFO

**PRESS
PAUSE**
WORKSHOP

WHAT IS BURNOUT?

Burnout is a state of physical and emotional exhaustion and occurs when you experience long-term and unmanaged 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 PEOPLE SAY

"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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