



2023 - 2024

CORPORATE WELLBEING



RESET WITH RUTH



RESET WITH RUTH

GREETINGS !

"I'm Ruth John, the founder of 'Reset with Ruth'

I work with people of all ages and abilities delivering authentic, transformational wellbeing sessions that create profound lasting change to emotional, mental and physical resilience.

With 18 years community engagement & event management experience, 7 years within the wellness arena and having overcome my own health and wellbeing challenges resulting from unmanaged stress, I'm able to offer a unique, insightful and relatable approach. Providing a beautiful blend of emerging holistic therapies that are scientifically proven to 'reset' the nervous system, enabling a more peaceful, joyful and freeing life."



THE BENEFITS

Investing in employee wellbeing can lead to increased resilience, better employee engagement, reduced sickness absence and higher performance and productivity.

The COVID-19 pandemic has pushed employee health and wellbeing to the top of the business agenda over the past few years, as it's recognised that fostering good employee wellbeing is great for you, your team and your organisation.

RESETTING BRINGS



Improved work ethic



Happier and healthier staff members



Reduction in stress related illness



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WHAT'S POSSIBLE



Ruth is insured, trained and qualified as a Breathwork and Somatic Practitioner, a Meditation Teacher, Reiki Master, Vagal Nerve Coach and Sound Therapist. Ruth also holds a certificate in Cold Water Therapy and Inner Child Healing and is studying to become a Holistic Integrated Creative and Arts Therapy Practitioner.

Sessions can be tailored to the need of your organisational objectives and are focused on equipping participants with practical tools and techniques to carry on resetting at work and home.

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ON SITE

Reset sessions can be offered within your building, all that's needed is the appropriate space to facilitate.

Whether you are looking for staff to join a motivational talk, shorter class, to enjoy a half or full day session or book onto their own private 60 minute reset during the working day. All that's required is a quiet space with access to power sockets and enough room for those participating to lie down comfortably on a yoga mat or sit on a chair.



www.resetwithruth.co.uk

07527839899



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OFF SITE



As a professional events & project manager, Ruth can curate a wellness day away from the office to really maximise the experience.

Benefits of being away from the office include:

higher staff engagement

more relaxed environment

better results for you and your team

access to nature and facilities such as cold water therapy

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OFFERINGS

Reset sessions can be fully or partially subsidised by the employer, or you can provide this as an opportunity for staff to invest in themselves.



Resilience, stress management and emotional regulation toolkit workshops



*60 min Reset Class
3 hr on site workshop
3 hr off site workshop*



Monthly Reset visits on site, where staff can register for their own 1-2-1 session with a member of the Reset Team



MEET THE TEAM



Ruth John
Founder of Reset
with Ruth
Integrative
Therapeutic
Practitioner



Angela Jenkins
Life Coach
Creative Therapist



Samuel Oliver
Support Worker
Creative Therapist



Lara Cox
Yoga & Movement
Teacher

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Bethan Owen
Reflexology and
Massage



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EXAMPLE WORKSHOP

90 Minute Workshop:

Setting Healthy Boundaries, Resilience Building, Creating Emotional Regulation.

3 Hour Workshop:

Guided Meditation, teaching the importance of the way we breathe, practising proven breathing techniques to reset our nervous system, an introduction to somatic practice - how we can release tension from our body for free using fun and proven techniques. Free form dance, sound therapy - relaxing to the sound of the Chinese Chau Gong, Tibetan and crystal singing bowls and beautiful percussion, Mindfulness exercises and Integrated Art and Creative Therapy. Cold Water Therapy and guided walking if off site.





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EXAMPLE CLASS

60 Minute Class:

Breathwork - gently guiding a group against calming music, to a breathwork meditation using compassionate inquiry based integration.

Gong Sound Bath - creating a soothing sound experience for a group to rest, recharge and feel invigorated.

Therapeutic Integrated Art and Creativity class - based on a chosen theme for your group to work towards: confidence, growth, passion, innovation and so on.





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EXAMPLE 1-2-1 SESSIONS

60 Minutes of 1-2-1 time with Ruth

Reiki - a lying down, hands on therapy to stimulate the body's natural healing process.

Inner Child Healing - a holistic approach to talking therapy that looks at your childhood and gently supports reframing unhelpful thought and behavioural patterns, whilst releasing tension within the body.

Crystal Healing - a lying down, hands on therapy using crystals placed along the body to re-balance energy and restore the mind.

Integrated Art and Creative Therapy - exploring thoughts and feelings, making sense of self belief systems and creating change through the use of sand, clay, paint, poetry, dance and other creative techniques.





EXAMPLE 1-2-1 SESSIONS

60 Minutes of 1-2-1 time with Reset Team Members

Reflexology

Aromatherapy

Clinical Massage

Life Coaching

1-2-1 Creative Therapy

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HEALTH BENEFITS

One study found that a breathwork program in a corporate setting resulted in a 20% reduction in stress levels and a 17% improvement in overall well-being.

Another study found that incorporating breathwork into the workplace resulted in increased focus and productivity, reduced absenteeism, and improved sleep quality for employees.

In another study, employees who practiced daily breathwork reported improved energy levels, reduced stress, and increased job satisfaction. The study also found that the benefits of breathwork were sustained over time, suggesting that it can have long-term effects on overall health and well-being in the workplace.

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SUPPORTING YOUR STAFF WITH..

1. **Stress Reduction:** A study found that regular somatic practices reduced symptoms of anxiety and depression, and improved overall well-being in individuals with high levels of stress.
2. **Improved Sleep Quality:** In a separate study, individuals who practiced somatic therapies reported improvements in sleep quality and reduced symptoms of insomnia.
3. **Reduced Chronic Pain:** Another study found that our offerings were effective in reducing chronic pain and improving physical function in individuals with chronic pain conditions.
4. **Increased Resilience:** A study of military personnel found that breathwork was associated with increased resilience and reduced symptoms of post-traumatic stress disorder (PTSD).
5. **Improved Mental Clarity:** A study of healthy adults found that breathwork, cold water therapy and yoga practices improved mental clarity, focus, and cognitive performance.
6. **Boosted Immune System:** A study found that regular breathwork practices were associated with increased levels of natural killer (NK) cells, a type of immune cell that helps to fight off infections and diseases.

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BRINGING COMPASSION TO CORPORATE WELLBEING

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CLIENT
TESTIMONIALS

"I've had counselling for years and I've learned more in just one session with you, than I have from all of my previous therapists. You are AMAZING at what you do!"

"Your group sessions are safe, authentic and transformational. I highly recommend this to workplaces for a reinvigorated workforce."

"She leads and guides from her heart, holding space for all attendees to experience the transformational power of Breathwork. Seize the opportunity should you ever be able to attend one of Ruth's sessions, or work with her." - Olivia Beardsmore, Creatrix of Burning Woman

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Client Testimonials

"Sometimes being in the right place at the right time must be part of the plan! From the very first meeting with Ruth we knew we had a connection and that she had to be part of our event. Ruth nurtures people in her care and connects on an individual basis, while holding the room - powerful, intuitive and deeply caring. We're super excited to see what's next, it's going to be awesome!" - Grant Zehetmayr, Dawnstalkers Sea Swim Club Founder.

"A session with you is like no other session I've had with any formal or alternative therapist. You offer something unique and profound. I am amazed at the physical, emotional and mental difference within me and I can't thank you enough."



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GRATITUDE

Thank you for considering working with me and my heart-led wellness business! Please reach out for an informal chat to see if we're a good fit.

You can reach me on:

Phone: 07527 839899

Email: resetwithruth22@gmail.com



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