INTO WELLBEING

Health & Wellbeing Coaching Service Helping to Transform Lives for The Better.

BUSINESS STORY & FACTS

- Into Wellbeing was launched on 27th March 2019 in Potters Bar, Hertfordshire.
- It offers interactive Health and Wellbeing Coaching, covering topics such as Mindful Resilience, Meditation, Nutrition, Exercise and Sleep; to help create stronger individuals.
- Packages have been developed to cater for individuals, the community, businesses and staff in the educational community.
- Lois is currently the only employee for Into Wellbeing, but she is happy to train and mentor others, should her business require it.

THE FOUNDER OF THE BUSINESS: LOIS STAVROU

Relevant Qualifications & Memberships:

- BSc (Hons) Degree in Psychology
- PGCE (with 15 years teaching experience)
- Post Graduate Qualification in Mindful Resilience & Wellbeing Coaching
- Level 3 Nutrition Course (Certified by AfN)
- Training in Meditation & Visualisation
- Training in Building Emotional Regulation Skills
- Level 4 with Healing Beyond Borders – Case Management & Professional Practice
- Professional Member of The Complimentary Therapists Association

COACHING FOR TEACHERS

Lois has worked in education for many years and knows only too well the stresses and workload that come with teaching.

Currently, teachers have been catapulted into extreme change which can trigger stress and anxiety. At this present time, Into Wellbeing has adapted to offer services online or by phone. Once it is safe to do so, face to face delivery of sessions will resume.

<u>Comments from staff at Stormont School, Potters Bar:</u>
'Very interesting and informative.'
'Very enjoyable. Thank you!'
'Thank you for another really useful session.'
'Loved it gain.'

Pricing:

1-hour Twilight Session, £100
Full Inset Day, £440

COACHING FOR INDIVIDUALS

Individual coaching offers a 1-hour one to one opportunity for you to discuss and identify areas of your life which may need more attention. The Into Wellbeing 10-Point Assessment Guide is a useful tool to indicate such areas. Following assessment, useful tips and techniques will be shared to help you get started on your wellbeing journey. Follow-up sessions are available to support you.

Available online or by phone.

Pricing:

1 to 1 Coaching, £30 per hour

Currently this is on special offer at £15 per hour until 31st July 2020

Testimonials:

'Thank you, it was very informative. I look forward to the new me!' A. Varnava, Learning Support Assistant.

'Working with Lois is like undertaking a multi-dimensional journey within yourself; much more than coaching - a true inner awakening into one's own skills and ability to help yourself and others.' Elpida Gailani, Co-Founder & MD, Bonraw Foods.

COACHING FOR THE COMMUNITY

This package is available as weekly 1 hour evening sessions over 5 weeks. Into Wellbeing aims to provide a supportive environment, with a small group of no more than 10 people. Individual and group tasks are set throughout the session and weekly practise is suggested to enhance your experience.

Usually held in Potters Bar, just outside of the M25, Junction 24, however this is now available online.

Testimonial:

'…. practical and fun. Lois is incredibly knowledgeable about how changes to our lifestyle can improve our well-being. She offered tips and exercises that we could easily incorporate into our daily lives.' Reverend Alison Facey.

Pricing:

£85 per person for 5 Sessions

COACHING FOR BUSINESSES

Various coaching packages are available ranging from full day, half day and hourly sessions spread throughout days or weeks, depending on your preferences. Should you require an alternative package, please enquire.

Pricing:

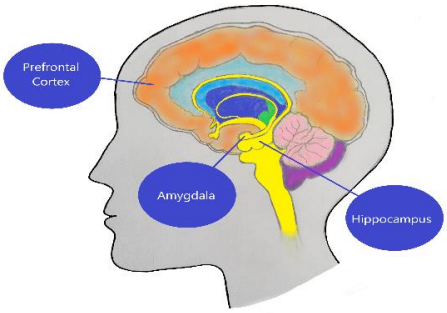
Please enquire for a quotation.

Balance is Key

FREE RESOURCES

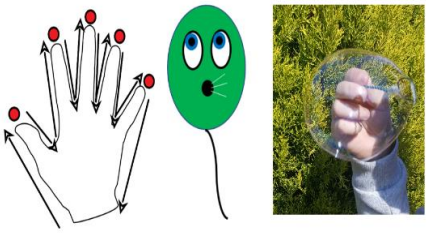
www.intowellbeing.co.uk/children-s-page

How Your Brain Works Under Stress



FREE DOWNLOADS

Breathing Techniques



Here are just 2 examples of many articles available for FREE for teachers and parents to use with their children. Articles are aimed for Key Stage 2 and upwards.

www.intowellbeing.co.uk/resources

Various FREE resources for adults include audio versions of meditation exercises and PDF files containing excellent tips for eating well, physical activity and how to get a good night's sleep!

- Breathing Meditation
- Body Scan Meditation
- Body Scan & Grounding Meditation
- Mind-Body Connection

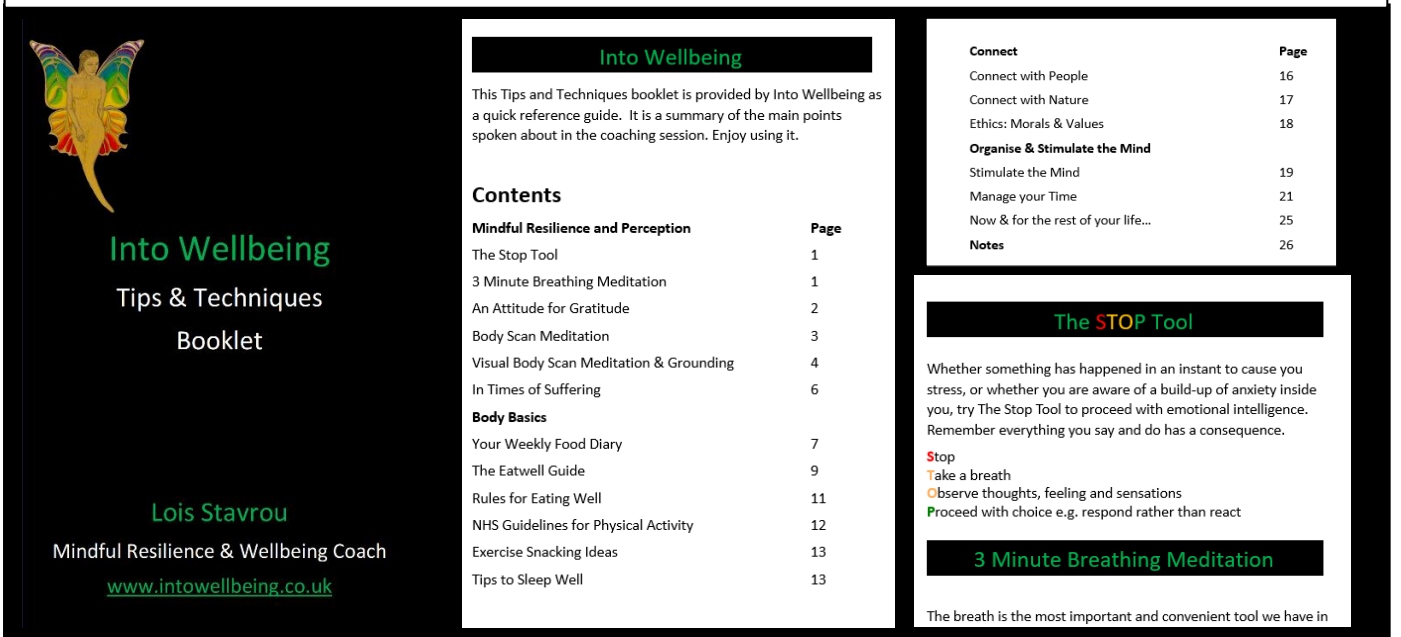
PDF

- Tips to Eat Well
- Tips to Sleep Well
- Guidelines for Physical Activity

& more!

PRODUCT

Into Wellbeing Tips & Techniques Booklet



This 25-page Tips & Techniques Booklet is a summary if the main points spoken about in Into Wellbeing coaching sessions, however it can also be used as a stand-alone quick reference guide. It can be downloaded for FREE or if people wish to make a donation, it is gratefully welcomed.

CONTACT DETAILS

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