



# The Mindfulness Project

## Supporting the mental health and wellbeing of your staff

Tangled Feet will deliver a session of mindfulness activities tailored to your needs. Your session can explore meditation, yoga, dramatherapy techniques that provide coping strategies for stress and anxiety in the workplace, and an introduction to yoga nidra. The session can serve as a team building exercise, a chance to connect with your staff, encourage open discussion, provide opportunity for self and group reflection, support good mental health, and mental awareness.

Visit [tangledfeet.com/takepart/mindfulnessatwork](https://tangledfeet.com/takepart/mindfulnessatwork) to learn more.

"Very useful in supporting the mental health of our colleagues, everyone felt at ease and got involved and we have since received great feedback"

Michelle Dean, Business Manager, Barclays

"The session has had a real impact on the team with lots making change to their everyday behaviours"

Vicky Pymont, Finance Director, TAG

Recent clients



southeastern



### About Tangled Feet

Founded in 2003, Tangled Feet is one of the UK's foremost theatre companies with a track record of creating industry-leading productions that have been seen by audiences across the globe. We are experts in delivering workshops that support and promote positive mental health and wellbeing.

To book your session, discuss the project, or express your interest in supporting our work in other ways please get in touch with Tangled Feet's Participation Director, Emily Eversden.

✉ [emily@tangledfeet.com](mailto:emily@tangledfeet.com) ☎ 07834 857564

[www.tangledfeet.com](https://www.tangledfeet.com)

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