

WHO AM I?



# Wellness Workshops



## YOUR WORKPLACE WELLBEING CHAMPION!

Hello, I'm Lorraine, but you can call me Lolly. I'm a Wellness Consultant, Health Coach and the founder of The Well Health Space. My journey began almost 20 years ago in the pharmaceutical industry, and now I use my knowledge and expertise to deliver wellness workshops that offer support to help prevent burnout, build resilience and optimise wellbeing.

All my workshops are designed to be approachable, digestible and applicable to everyday life. Let's collaborate on making your workplace a more resilient and healthier space for all.

Contact me for a discovery call.

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## WHAT I OFFER

# Wellness Workshops



### BALANCE & BEYOND: INNOVATIVE TECHNIQUES TO AVOID BURNOUT

Overview: Develop strategies to achieve a better work-life balance, ensuring career success without sacrificing personal well-being

Topics Covered: Prioritisation techniques, setting boundaries, self-care practices, and time management for personal and professional life integration.

### WOMEN'S WELLNESS: CARING FOR YOUR REPRODUCTIVE HEALTH

Overview: Focus on the specific health concerns of women with wombs, including menstrual health, perimenopause, and reproductive well-being

Topics Covered: Menstrual cycle management, perimenopause support, fertility awareness, and creating a supportive work environment for reproductive health.



### MENTAL HEALTH: MANAGING ANXIETY IN THE WORKPLACE

Overview: Designed to help employees and managers understand anxiety and its impact on the workplace, recognise the signs of anxiety in themselves and others, and develop effective strategies to manage and reduce anxiety.

Topics Covered: Understanding anxiety, recognising the signs, coping strategies, creating a supportive environment and health & wellness resources.

### EATING WELL ON THE GO: NUTRITION FOR ENERGY AND FOCUS

Overview: Learn how to nourish your body with the right foods to maintain energy and mental clarity throughout the day.

Topics Covered: Balanced eating on a busy schedule, smart snacking, hydration tips, meal prepping for optimal nutrition and education on latest supplements and biohacking trends for increasing energy.



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### REST AND REVIVE: IMPROVING YOUR SLEEP FOR BETTER WELL-BEING

Overview: Understand the importance of quality sleep and learn how to improve your sleep habits for enhanced health and productivity.

Topics Covered: Sleep hygiene tips, relaxation techniques, managing sleep disruptions, insomnia and creating a sleep-friendly environment.

### BOOST YOUR DEFENCES: STRENGTHENING IMMUNE HEALTH

Overview: Learn how to support your immune system through nutrition, lifestyle changes, and stress management, ensuring you stay healthy and resilient

Topics Covered: Immune-boosting foods, vitamins and supplements, stress reduction techniques, and habits to maintain a strong immune system.



### FINDING CALM: GENTLE STRESS MANAGEMENT TECHNIQUES

Overview: Explore calming techniques to help you stay composed and effective in a demanding office environment.

Topics Covered: Mindfulness practices, breathing exercises, time management skills, and fostering a resilient mindset.



### BALANCING ACT: CREATING HARMONY BETWEEN WORK AND LIFE

Overview: Develop strategies to achieve a better work-life balance, ensuring career success without sacrificing personal well-being.

Topics Covered: Prioritisation techniques, setting boundaries, self-care practices, and time management for personal and professional life integration.

