

**How can you
boost motivation
and performance
in a world of
hybrid work?**



The problem

67% feel less connected to colleagues

46% are taking less exercise

39% develop musculoskeletal problems

37% have disturbed sleep

29% feel working from home is worse for their health and wellbeing

Source: Royal Society for Public Health



"Hybrid working is emotionally exhausting"

"A lot of people struggle to switch off from work"

B | B | C

A (community) SOLUTION

WELL@WORK TOGETHER

Wellbeing experiences



tobewell.



PROUD TO SUPPORT



SUSSEX
NIGHTSTOP

Focus

- 2-hour breath, posture & voice experience
- Improves concentration, collaboration and wellbeing
- Engaging and educational, relaxing and fun
- Participants acquire skills and techniques to maintain good posture, focus their minds and integrate effective practices into every day

£47.50 per person (group of 10 people)

Location: Yellowwave Beach Sports, Brighton



Welcome tea and water included.

Groups of 8-12 (price varies with numbers)

You can add:

- Workplace / home desk posture evaluations
- Tailored posture guides for staff inductions / staff wellbeing info

Boost

- **1.5-hour guided sauna experience**
- **A refreshing and relaxing session with a sauna master & sauna rituals, including aromatherapy oils and leaf whisking**
- **Feel the healthy power of sauna - which can reduce stress, improve skin and protect against fatigue, pain and disease**

£50.90 per person (group of 10 people)
Location: Beach Box Spa, Brighton



Welcome tea and water included.

Groups of 8-22 (price varies with numbers)

You can add:

- **Workplace / home desk posture evaluations**
- **Tailored posture guides for staff inductions / staff wellbeing info**

Relax

- 3.5-hour experience
- Unwind in a one hour guided sauna session with essential oils and controlled heat to release endorphins
- Relaxing posture exercises to promote proper alignment and prevent injury
- Vocal exercises that de-stress by activating the parasympathetic nervous system

£83 per person (group of 10 people)

Location: Beach Box Sauna & Yellowwave Beach Sports, Brighton



Welcome tea and water included.

Groups of 8-12 (price varies with numbers)

You can add:

- **Workplace / home desk posture evaluations**
- **Tailored posture guides for staff inductions / staff wellbeing info**

"A rejuvenating and wholesome experience to bring you back to a calm and relaxed state of mind, with a sense of community and takeaways that could really reduce the stress of everyday life"



"Combines relaxation and theatre with valuable advice on the benefits of each element of the experience"



**Contact Liz to book your experience
or tailor your own:
liz.wakefield@sussexnightstop.org.uk
07798 603571**



**SUSSEX
NIGHTSTOP**

A community response to youth homelessness

Why Sussex Nightstop?

**We're the community response
to youth homelessness for
Brighton & Hove.**

**Together with the people of our
city and beyond, we provide safe
homes and support to sustain
and improve the wellbeing of
young people experiencing
homelessness.**

**To find out more about us visit
sussexnightstop.org.uk**