



Julia Outlaw and Sara Khorosi leading a "being in nature" event.

Finding Harmony

During a changing landscape in healthcare and the wider environment, healthcare professionals are under significant pressure while providing important work to the most vulnerable. Many healthcare workers find themselves increasingly stressed and burnt out. There is a need for:

- Ways to manage stress and find balance
- Ability to deal with uncertainty, change and feeling overwhelmed
- Practical advice on breath, diet and movement
- A culture of wellbeing led from the top, i.e. modelled by managers.

What do we offer?

Harmony in Health can provide workshops introducing holistic ideas and practical material to help healthcare professionals improve their own wellbeing.

"I wanted to say a huge thank you for the wellbeing session you delivered, it was so original and refreshing."

Deputy Chief Nurse

The tools introduced can help people deal with the current demands of working-life in a sustainable way and inspire an attitude of self-care and personal development - which can stand them in good stead for their long-term wellbeing.

The workshops are supportive and experiential, providing a healing space during the time of the workshop rather than presenting theoretical ideas. Content can be tailored for particular groups and may include material on



Dr Eleni Tsiompanou and Sara Khorosi at a senior nurses awayday

natural movement, active rest, nutrition, and activities that bring joy and connection. All these help people move towards balance in themselves (in mind, body and emotions) and within the wider environment.

"These were lovely sessions - very well facilitated. Thank you!" Senior Nurse



Julia Outlaw leading a guided relaxation session for senior nurses.

Would you like a Harmony in Health event?

We are based in the Southeast of England and can organise workshops, awaydays and in-house activities for small or large groups of health professionals in this area. Our practitioners are fully qualified and hold DBS certificates.

Contact us to discuss your requirements or for further details.

Contact Details

Phone: 020 3239 1212

Email: contact@harmonyinhealth.org

Web: www.harmonyinhealth.org

Who we are

We are a community interest company providing practical and theoretical education in the field of health and wellbeing in order to benefit a broad section of the community.

Our wonderful international & multidisciplinary team, representing a broad spectrum of approaches to wellbeing, health and harmony, includes medical doctors, Alexander technique teachers, musicians and experts in neuroscience, aromatherapy, nutrition, Ayurveda and theatre training.

"So nice to get out of my head and away from all the words - this was really practical and really useful!"

Senior Nurse



HARMONY IN HEALTH



Harmony in Health CIC

Wellbeing Events for Healthcare Professionals