



**Angela Killeen**  
Professional Therapist

## Corporate Wellness

I can offer a complete bespoke package to meet needs:

On site therapist,

Away day retreat packages,

Team events,

Bespoke assessment and services as part of a rehabilitation process for people returning to work,

Full initial assessment for clients with a personalised treatment plan



## Educational Workshops



Personal and social development for young people and their well being moves them on with both resilience and mind set, towards being able to set goals and have coping strategies to manage anxiety and feelings of being overwhelmed in life.

I offer a bespoke package to meet young peoples' needs in a range of settings:

*Sample workshop*

**2.5 hrs workshop**

**Mind sets**

**Treasure Mapping**

**Strategies: practical breathing, relaxation and meditation techniques**

**Goal setting**

*These workshops are portable and suitable for schools, learning provisions, care settings*



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