

Is your team mentally healthy & engaged?

A training program designed specially for the highly demanding legal industry

Are you investing in employee wellbeing and engagement but have little to show for it?

Extensive research within the UK services based industry has identified these three challenges as the most concerning for organisations today-

- Maintaining employee productivity
- Managing stress levels
- Keeping staff engaged

Addressing this gap with a bespoke result driven solution are Leeds based companies TPL Experiences & Mind It that are passionate about wellbeing & engagement at the workplace.

Your Facilitators



Lucile Allen-Paisant

Lucile is the Founder of Leeds Wellbeing week and Director of Mind It. A Former Marketing Director of a fast growing business, she works with organisations to help take care of their staff's wellbeing through impactful and easy tools.



Minoti Parikh

Minoti is the Founder of Yorkshire based company TPL Experiences. She comes with an International experience of facilitating over 1600 employee engagement & recognition programs for over 100 global brands.

Client's speak

Minoti's workshop was completely engaging and practical.

It has been an inspiring day of learning and I am already feeling confident.

- **Clarion Law**

Excellent presentation by Lucile. Very enjoyable and loved the clear & easy to follow advice. Great Speaker.

- **DAC Beachcroft**



We will arrange for a prior consultation in order to design a training program specific to your team's requirements.

Our programs help to-

- Improve mindfulness
- Improve self confidence
- Improve ability to manage stress
- Increase productivity
- Increase team engagement



Get in touch for a complimentary consultation -
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