

Make a Move
moving for the mind



Wellbeing in the workplace

“ We have used the exercises in the working day to de-stress; staff couldn't believe how much they could relax ”



Benefits of bringing
Make a Move into
your workplace

- reduce employee stress, anxiety and absenteeism
- improve concentration, focus and decision-making
- increase productivity, motivation and resilience

Make a Move: a creative approach to wellbeing



A unique approach to wellbeing in the workplace

Today's workplaces can be high-pressure and stressful, volatile and relentless. Employees are a business' biggest resource - your greatest asset. Make a Move works with businesses to boost individual and team performance.

Our tailored approach to your business needs can:

- improve productivity
- bring focus and clarity
- calm tensions
- increase confidence and motivation.

Improving the wellbeing of your workforce is good for business – better staff morale, decision-making, resilience and engagement; reduced absenteeism and staff turnover; greater effectiveness, retention and profitability.

Make a Move is a charity comprising of expert practitioners who support young and old in the workplace and in the community. We design and run tailored sessions and projects using movement and other creative approaches to wellbeing.

The importance of connection is fundamental to our work – the connection between body and mind, and connections between people. We take our work seriously but aim to inspire laughter, encourage a sense of fun and promote happiness.

To find out more about what we do visit www.makeamove.org.uk

To make a donation (thank you) go to mydonate.bt.com/charities/makeamove

To contact us, email katie@makeamove.org.uk

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