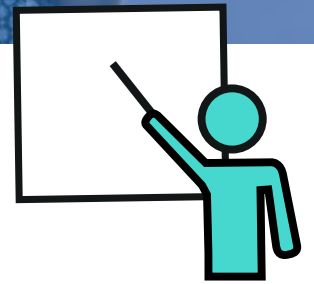






A large, empty rectangular box with rounded corners and an orange border, intended for writing or drawing.











We are highly experienced facilitators with specialised knowledge in performance and mindfulness. This expertise means you can be confident of training that is high quality, practical and creative to ensure maximum engagement from your team.



We are a charitable organisation so by booking us you will be supporting community, skills and arts development in a deprived area of Leeds, and meeting your CSR targets.



We are Yorkshire based folk and proud of it! We are a women led, small but mighty team who are passionate about building up the fabulous North.



We work hard to be great value for money. Our prices include initial consultations and a follow up meeting to ensure our training has been effective and hit the mark.



I've just done your wellbeing workshop and thought it was excellent! Thoroughly enjoyed it and feel quite energised for my afternoon ahead!



Victim Support



Thanks for such a great session , we all really enjoyed it and will be definitely using some of these great ideas moving forward.



Street Games



Very good, relaxed and safe environment for practising. Very knowledgeable and useful information and tips throughout.



Public speaking workshop attendee

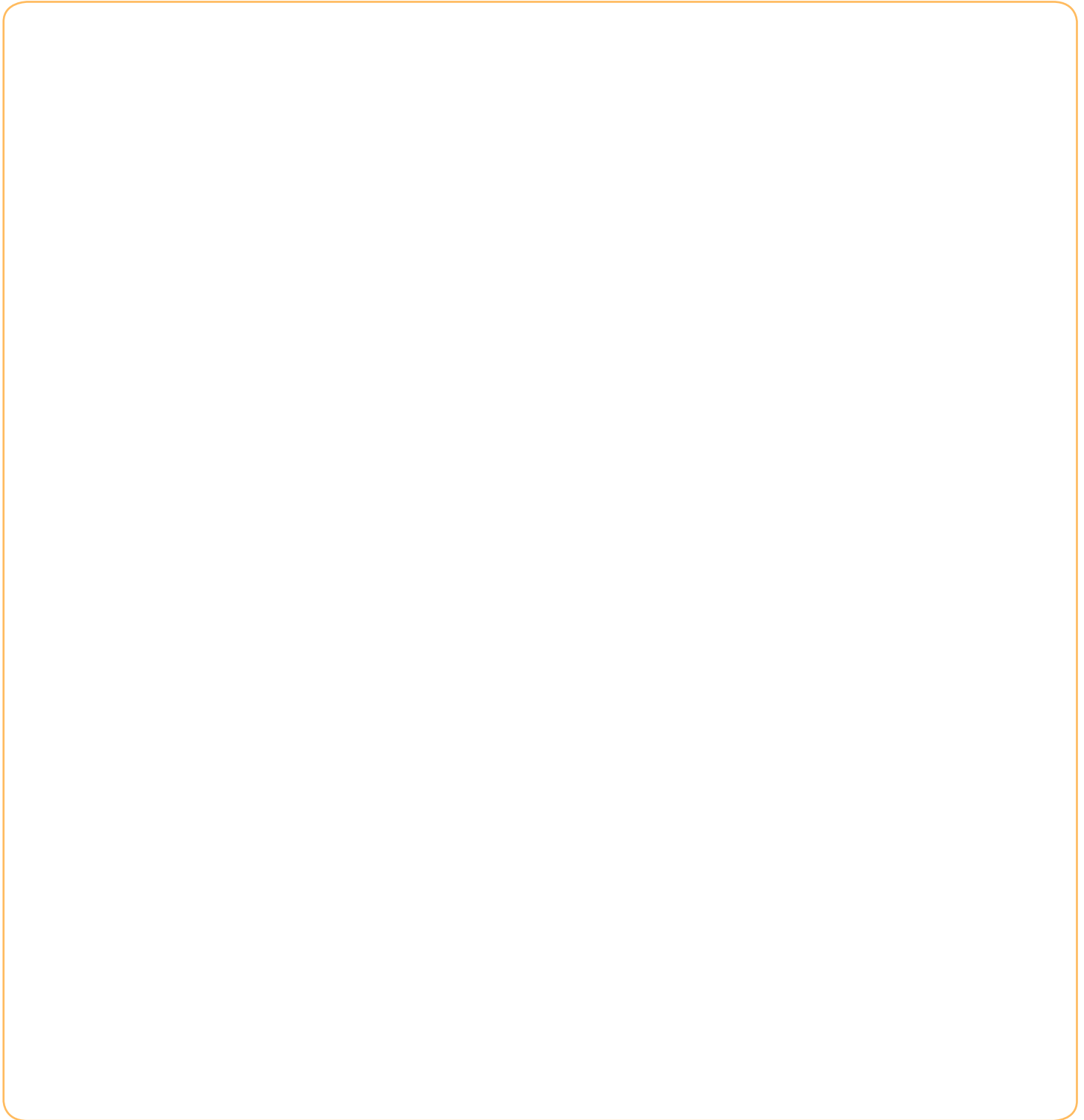


I really want to thank you so much for giving me the chance to attend your wonderful course. I wanted to let you know that I used virtually every technique you recommended. I know that it made a huge difference to how I prepared and delivered on the night and undoubtedly helped with my win. Thank you.



Councillor Cunningham







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West Yorkshire
Fire & Rescue Service

