

CORPORATE



GREEN HEART

WELLBEING

EDUCATION | NATURE | FLOURISHING







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# GREEN HEART

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## ABOUT



**Green Heart Wellbeing supports organisations in building healthier, more connected, and more emotionally intelligent workplaces.**

Founded by Ashley Green, a certified Positive Psychology & Coaching Psychology practitioner, Green Heart brings a uniquely warm yet evidence-based approach to corporate wellbeing.

After over a decade working in high-pressure environments and supporting hundreds of individuals through coaching, Ashley created Green Heart to bridge the gap between performance and human wellbeing.

### **Our work blends:**

- positive psychology
- mindfulness
- emotional literacy
- coaching psychology
- creativity
- nature-based wellbeing principles

**The result is a refreshing, human-centred approach that helps teams feel supported, inspired, and equipped with practical tools to thrive – both personally and professionally.**



# Why Wellbeing At Work Matters

Organisations thrive when their people do. Investing in wellbeing strengthens culture, reduces burnout, and creates space for creativity and meaningful work.



Modern workplaces ask a lot of people. The pace, pressures, and digital overload affect emotional health long before performance.

When organisations invest in wellbeing, they see:

- higher engagement and retention
- improved emotional resilience
- stronger communication and team relationships
- reduced burnout and stress
- greater creativity, clarity, and problem-solving
- a more grounded and connected workplace culture

**Green Heart's approach focuses on supporting the whole human, not just the job role – creating sustainable change, not superficial fixes.**



# Our Offerings for Organisations

Interactive, uplifting, and science-informed sessions designed to energise teams and support emotional wellbeing.



## Popular Topics Include;

- Resilience & Navigating Change
- Mindfulness for Busy Humans
- Emotional Literacy in the Workplace
- Strengths-Based Teams
- Finding Purpose & Meaning in Work
- Calm, Confidence & Clarity Under Pressure
- Positive Psychology Tools for Everyday Life

All workshops can be delivered in person or online, and tailored to your organisational culture.

## Team Wellbeing Programmes

A structured wellbeing journey for teams or departments who want deeper transformation over time.

Programmes may include:

- monthly workshops
- guided mindfulness sessions
- small-group coaching
- resilience pathways
- reflective practices
- digital wellbeing materials

Each programme is built around your organisation's needs and values.



# Coaching for Organisations

“Coaching helps people pause and reflect in a world that moves too fast.”

– *Sir John Whitmore*



## **Confidential coaching sessions that support staff through:**

- stress and burnout
- confidence building
- emotional regulation
- clarity in decision-making
- life transitions
- imposter feelings
- goal-setting and motivation
- finding balance

**Sessions integrate positive psychology, strengths work, mindfulness, and heart-centred coaching.**

\* Pricing structured depending on organisation requirements

Positive psychology coaching helps organisations create teams that are resilient, engaged, and able to thrive even in fast-paced, high-pressure environments. By focusing on strengths, emotional awareness, and evidence-based wellbeing tools, coaching empowers employees to navigate challenges with clarity rather than overwhelm. It supports healthier communication, boosts confidence, and enhances problem-solving – all of which lead to stronger collaboration and more grounded decision-making. When people understand their strengths and learn practical strategies for regulating stress and cultivating optimism, they bring greater energy, creativity, and purpose to their work. Positive psychology coaching doesn't just develop individuals; it transforms the culture they belong to.



# Creative Wellbeing Experiences

“You can’t use up creativity. The more you use, the more you have.”

– Maya Angelou



Unique, restorative sessions using art, reflection, storytelling, and mindfulness – ideal for team days or wellness retreats.

Experiences include:

- Creative wellbeing cards workshops
- Nature-inspired reflection sessions
- Calm & connection art circles
- Mindful storytelling and journaling

These sessions offer a refreshing break from traditional corporate training – warm, grounding, and deeply human.

## Workplace Wellbeing Consultancy

For companies seeking long-term culture change, Green Heart offers:

- wellbeing audits
- strategy development
- policy recommendations
- staff training roadmaps
- implementation support

**Our consultancy blends research with lived experience, helping organisations build cultures where people feel valued, supported, and connected.**



# Our Approach

“Green Heart was built on one simple truth: wellbeing needs research to guide it and soul to breathe life into it.”

– Ashley Green | Green Heart Founder



Green Heart Wellbeing stands apart by combining:

- Research-based methods from positive psychology
- Coaching frameworks that empower rather than direct
- Soulful, creative tools that reduce overwhelm and nurture calm
- Nature-inspired practices that reconnect people to themselves

**This is not corporate box-ticking.**

**This is wellbeing that actually changes how people feel.**

## Why Choose Green Heart Wellbeing?

- Warm, grounded facilitation style
- Highly relevant content for modern challenges
- Tailored sessions that fit your culture
- Simple, practical tools staff can use immediately
- Experience supporting diverse teams across the UAE
- A reputation for creating safe, uplifting, meaningful spaces

**Green Heart delivers wellbeing that is gentle, effective, and deeply human.**





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## COSTS

To honour the individuality of each workplace, packages and costings are adapted to your specific context. This ensures your organisation receives the most relevant and impactful level of support. A personalised quote will be shared after our initial conversation.

## CONTACT



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We are really excited to speak with you and to be part of your wellbeing journey.