

FOREST BATHING

IMPROVE OVERALL WELLBEING
FOR YOUR TEAM



Forest Bathing is a health-promoting, mindful, nature connecting practice that aims to enhance wellbeing, relieve stress, and encourage relaxation

This enjoyable and restorative eco practice will help your team **improve health** and wellbeing, **connect** with nature and with each other.

Forest Bathing benefits can lead to **increased productivity** and **focus**, empathy, **creative thinking**, **happiness** and **balance** in the workplace to help your team **thrive**.

It is a very natural way of teambuilding, with team members getting to know each other in an entirely new way, and in a non-competitive, relaxed and organic atmosphere.

ABOUT YOUR GUIDE

Hi, I am Katarina Archer.

As a Forest Bathing Guide, Wellbeing Leader and Mental Health First Aider, I enable deeper and nourishing connections with nature.

I worked as Client Services Manager in Insurance Industry where I was leading Holistic Wellbeing strategy and raising awareness about mindfulness, mental health, conscious leadership, and diversity.

I was collaborating with other extraordinary leaders and change-makers on various wellbeing projects. I am based in Folkestone.



FOREST BATHING BENEFITS

*Boost our immune systems

*Reduce stress levels

*Accelerate recovery from illness

*Reduce feelings of anxiety and depression

*Increase creativity and problem solving

*Increase Focus

*Improving collaboration and connections

*Increase Intuition

*Better clarity

*And much more

*Forest bathing team events are great

for strengthening the team spirit, relax, bringing new insights, helping to view challenges from a different angle and promote creative thinking, focus, mental clarity and a sense of wellbeing.

CONTACT ME

www.katarinaarcher.com | hello@katarinaarcher.com | +44 (0) 7450934113