

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

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