

**CORPORATE WELL-BEING
PROTOCOL**



**GUIDING & SUPPORTING PEOPLE
THROUGH ACTION, EDUCATION &
COMMUNITY**

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Our purpose at Stoic Alchemist is to help support people all over the UK through periods of change, anxiety, depression, loss, and fear and offer alternate guidance, support, community, and therapies to them so they can be more present and thrive with their families and at work without trauma or restrictions.

"Fear only lies in lack of knowledge!"



OUR PURPOSE

WHY?



We are facing a growing mental health crisis that cannot be ignored. Shockingly, over 8 million people in the UK were prescribed anti-depressants last year alone. However, there is an interesting disparity between genders when it comes to seeking help.

More women tend to report feelings of depression and anxiety, often opting for quick-fix solutions such as medication. In fact, studies show that 24% of women openly discuss their mental health struggles compared to only 13% of men. This suggests that women are more willing to confront and address their issues head-on.

On the other hand, suicide rates are disproportionately higher among men, accounting for approximately 75% of all suicides. This raises a crucial question: why are there more depressed and anxious women, yet more men taking their own lives?

Perhaps the past few years have had a profound impact on our mental well-being, and conventional methods may not be effective for everyone. What these statistics reveal is that women have found ways to communicate and express their emotions, leading to lower levels of chronic anxiety and depression. They often benefit from a support network and various groups that provide valuable outlets for sharing experiences.

WHY?



In contrast, men often internalise their struggles, grappling with anxieties and traumas in solitude. They may reject conventional methods due to a narrow perspective or a preference for analytical approaches. Sadly, many are unaware that there are unconventional and alternative paths available to them.

It is clear that mothers and fathers require different methods to navigate their healing processes. Without these methods, the cycle of trauma continues, impacting future generations as children witness their parents' mental well-being deteriorate.

We must strive to break the stigma surrounding mental health, promote open dialogue, and provide inclusive support systems for both men and women. By embracing diverse approaches and encouraging genuine connections, we can foster a healthier and more resilient society for all.



YES, THIS AFFECTS YOUR COMPANY TOO!



WORKPLACES ARE EXPERIENCING A SIGNIFICANT RISE IN THE COST OF POOR MENTAL HEALTH. IN 2020-21 ALONE, THE COST TO EMPLOYERS REACHED A STAGGERING £56 BILLION, A NOTABLE INCREASE FROM £45 BILLION IN 2019. THESE NUMBERS PAINT A CLEAR PICTURE: CHANGE IS NOT ONLY NECESSARY, BUT IT ALSO MAKES FINANCIAL SENSE. THERE IS NO LONGER ANY EXCUSE TO IGNORE THIS PRESSING ISSUE.

YES, THIS AFFECTS YOUR COMPANY TOO!

IT'S TIME TO SHIFT OUR FOCUS FROM WORDS TO ACTION. THE FUTURE OF WELLBEING LIES IN MEASURABLE OUTCOMES AND EMBRACES HOLISTIC, PROACTIVE APPROACHES. INSTEAD OF MERELY ADDRESSING SYMPTOMS, WE MUST TARGET THE ROOT CAUSES AND REDUCE STRESSORS AT THEIR SOURCE. THIS IS NOT A DISTANT GOAL—IT IS AN URGENT NEED THAT REQUIRES IMMEDIATE ATTENTION.



YES, THIS AFFECTS YOUR COMPANY TOO!

THE TIME FOR CHANGE IS NOW. WE CANNOT AFFORD TO DELAY ANY LONGER. BY PRIORITISING MENTAL HEALTH AND IMPLEMENTING COMPREHENSIVE STRATEGIES, WE CAN CREATE WORKPLACES THAT FOSTER WELL-BEING, SUPPORT RESILIENCE, AND ENHANCE PRODUCTIVITY. LET US TAKE A STAND AND MAKE A TANGIBLE DIFFERENCE!



WHAT WE DO



Drawing wisdom from indigenous cultures, ancient tribes, and time-tested therapies, we curate transformative experiences that empower individuals to cultivate stability and confidence in their mind, body, and soul. Through the exploration of specific practices, the transmutation of thoughts, and the journey of self-healing, we aim to alleviate stress, foster peace of mind, nurture acceptance, and cultivate positive transformations in one's life perspective.



Our approach is inspired by the rich traditions of Native American, Viking, and Japanese tribes and cultures. We integrate their guidance, practices, ceremonies, challenges, and activities into our offerings, honoring their wisdom and harnessing their transformative power. By tapping into the collective wisdom of these ancient cultures, we create a unique space where personal growth and empowerment can flourish.



HOW WE DO IT



Working with many experts in their field to provide the guidance and experiences required!

Our alternative platform and in-person experiences are built upon proven methods that encompass Stoic Philosophies, the power of community, intuitive guidance, invigorating physical activities, and transformative mental practices. These approaches facilitate a comprehensive alignment of the participants' physical, mental, and spiritual aspects, drawing upon a diverse array of elements.



HOW WE DO IT



Through dynamic movement, intentional breathwork, invigorating cold exposure, and meditative practices, participants engage in activities that support their physical well-being and mental clarity. Exploring energy manipulation, frequency alignment, and ancient bush skills, we tap into the wisdom of nature and connect with our innate essence.



THE DETAILS

UPON WORKING WITH EACH OTHER YOU WILL RECIEVE THE FOLLOWING BENEFITS FOR YOU AND YOUR STAFF:

ONLINE PLATFORM

The online platform hosts guidance and digestible immersive experiences both live and on demand available to all who wish to benefit from the knowledge of the experts in each field. The app is freely available to you and all your staff with individual logins, personal tracking and community conversations.

WEEKLY WARRIOR CIRCLES

A weekly online check-in that allows our Stoic Warriors space to express within the wider community. Room to help each other and come to solutions that may not have been an option when trying to deal with things on their own.

ON LOCATION WORKSHOP

Upon joining the community we host an on location event for all your staff to attend, where all those taking part learn specific tools to incorporate moving forward in everyday life.

ANNUAL TEAM BUILDING FESTIVAL

Once a year we invite all our sponsors and companies to a team building festival. This is an experience where there are competitions and prizes to win. In between there is music to enjoy and workshops to attend throughout the day.



COMMUNITY BONDS

COMPANIES BECOME PARTNERS

For our corporate well-being protocol we offer the opportunity to become a sponsor. Sponsoring the community has many benefits that encourage continued support for the work we do. These benefits foster a better working relationship and help your company get in front of the eyes in and around our community. You will benefit from:

- Logo on the app with 100s of users
- Mentions and links at the start of a sponsored course
- Mentions and thanks on online emails, socials, and other points of contact
- The opportunity to sponsor large events and festivals that we run
- Additional In office workshops
- Options to become a preferred supplier

In becoming a sponsor company you will be allowing us to offer free community memberships to people who might find a barrier to entry to the supporting community we offer.



ADDITIONAL EXPERIENCES

Here are some additional experiences that can be arranged

- Breath Work
- Movement & Fitness
- Nature Exploration
- Cold Exposure
- Meditation
- Thai Yoga
- Cranio-Sacral Therapy
- Reiki And Other Energy Methods
- Group Ceremony
- Primal Activities
- Tribal Games

We provide the above in the form of:

- Workshops
- Retreats
- Day experiences
- Talks
- One to one experiences



Morning Routine



MOVE



BREATHE



MEDITATE



HYDRATE

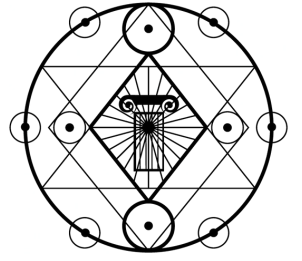


GET COLD



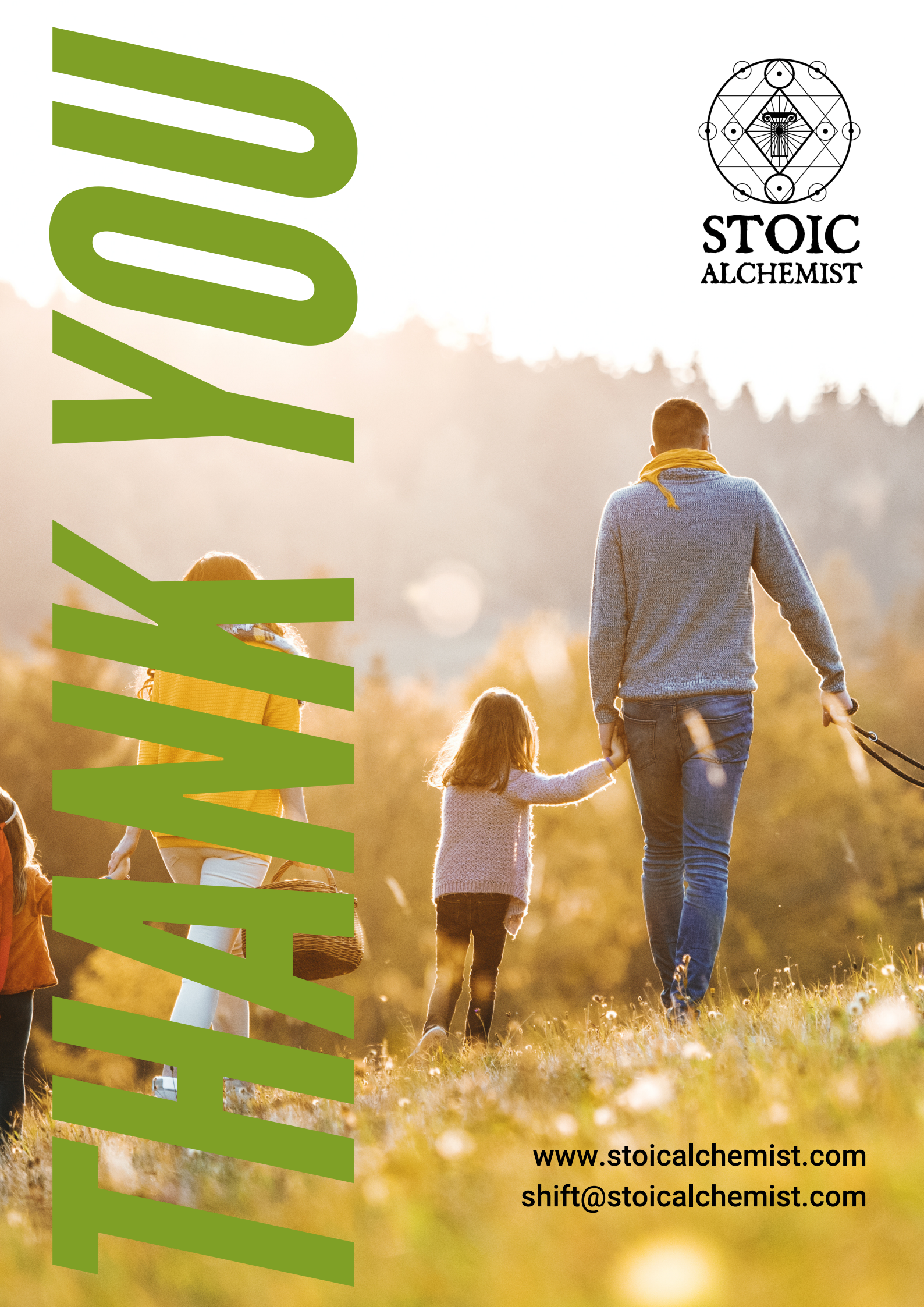
BE FUN OR CREATIVE

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**TAKE
YOUR
FAMILY**



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