

Introducing
Vicky Longley
Wellbeing

Vicky Longley is a certified wellbeing coach that specialises in stress & anxiety. She uses meditation, relaxation, sound, movement & embodiment to guide people back into a state of calm and self power.



Discover what Vicky Longley can bring to your business



Movement

Our body and mind are connected. Movement has an incredible effect on both our physical and mental wellbeing.

Sessions I can bring to your setting -

Flow State Relaxation & Guided Movement

Breathwork & Mindful Movement

Embodied Dance

Elemental Movement

Feminine Flow Movement

Team Building & Communication Movement

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Meditation

Meditation is a well known technique to reduce stress and anxiety, but research shows that it also helps enhance your mood, promote healthy sleep patterns, and boost cognitive skills.

Meditation Sessions can be geared towards a current topic, feeling or emotion that feels resonant with the staff or situation

Group Meditation Sessions

'Walk Around Sessions' This is where I travel around the office and do 7-10min mini sessions.

Dedicated 1-1 or team Meditation

Stand alone session or incorporated within other modalities



"Your Body Hears Everything Your Mind Says"



Businesses need more time to work efficiently, staff need more time to be heard and understood. I offer a confidential, neutral listening service where staff can be heard, relax and off load.

My skill set can lend itself to offering relaxation techniques, stress & anxiety management, wellbeing tips and tools and even guided movement to help regulate the nervous system.

1-1 Listening

TIME SAVING

Sometimes, people just need to talk. Save line manager and HR time by offering your team a regular, trustworthy, confidential ear.

BENEFIT ENHANCEMENT

This is an accessible enhancement to your list of wellbeing benefits with low cost, low commitment and high impact.

CULTURAL IMPACT

An offering like this can have huge positive impact on internal culture, helping people to feel heard and demonstrating that the business takes wellbeing seriously.

LOW MAINTAINANCE

All you need to do is communicate that the sessions are available, I do everything else so it's very low maintenance!

Embodiment Sessions

Embodiment Sessions are a perfect way to come into contact with deep feelings within the body. We spend 95% of our day thinking about the past or the future. Becoming present and working with the body allows wisdom to come from within that can shift stagnant energy. This modality releases fight, flight & freeze energy within the nervous system and also helps to recognise and understand fear that can stop us from moving forward to reach our desires.

Can Work With Topics Such As -
Embodied Goals
Liberating Stagnant Energy
Carrying Shame
Building Healthy Boundaries
Stepping Into New Roles
Limiting Beliefs
& Many More



"Your Health Is An Investment, Not An Expense"

Group Sessions



I offer group sessions within the office or virtually. These can be focused on relaxation, meditation, mental wellbeing in the work place, the mind-body connection, movement for mental health, and anything specific that you feel is current within your space.

Working within a team or a group can build trust, communication, friendship and mutual respect. It is a brilliant way to break down barriers and move forward understanding your team and colleagues in a deeper way.

It is also a fantastic way to help build healthy boundaries within your environment.

Events & Guest Speaking

Before I started my journey to becoming a wellness coach, I was a performer. This is a beautiful skill to have as I feel very confident speaking at events or functions. Here are some of the ways I could help ...



Key Note Speaker - Perhaps you have a function or conference where you would like to demonstrate the positive effects of wellbeing within your workplace?

Energizer - Perhaps you have a long day planned and you feel that adding a quick invigorating movement blast into the day would benefit your team?

Wellness Day - Are you planning a day within your space to focus on all things wellbeing? If so, I can offer many different services that will be beneficial within your space.

"The Greatest Wealth Is Health"

Who Am I?

My Name is Vicky and I have been teaching and mentoring for over 20 years. I started my career as a performer on stage and screen and after I had my two beautiful children I pivoted into helping people with all things - wellbeing.

After having my children, I struggled with who I was and the changes my life had undertaken. I sought help through talk therapy, but I didn't really feel the benefits. Later, I discovered Somatic Therapy & Embodiment and this was the key to my personal healing. I learned that my body was storing trauma and tension and I needed to release that in order to heal and move forward.

I then took my certification in order to help others. I truly feel this is my gift to pass on and to help people become in tune with their bodies as well as their minds. There is immense power in the mind-body connection.

Questions?

I understand that every business and space is unique, so I will always make the experience personal to your business. If you have any questions or would like to make a booking, please email

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