



You are not just an organisation. You are a community of unique individuals who work together towards a common goal.



**CORPORATE
SERVICES**

79% of British adults commonly experience work-related stress.

Effectively managing workplace stress is crucial for both your team and the business.

DUTY OF CARE

As an employer, you have a duty of care to look after your team's mental health. This means you must do all you reasonably can to support health, safety and wellbeing – and this includes stress levels.

STRESS-RELATED SICK DAYS

1 in 5 of us call in sick due to stress. Research commissioned by charity Mind found that 1 in 5 (19%) of us take a day off due to stress.

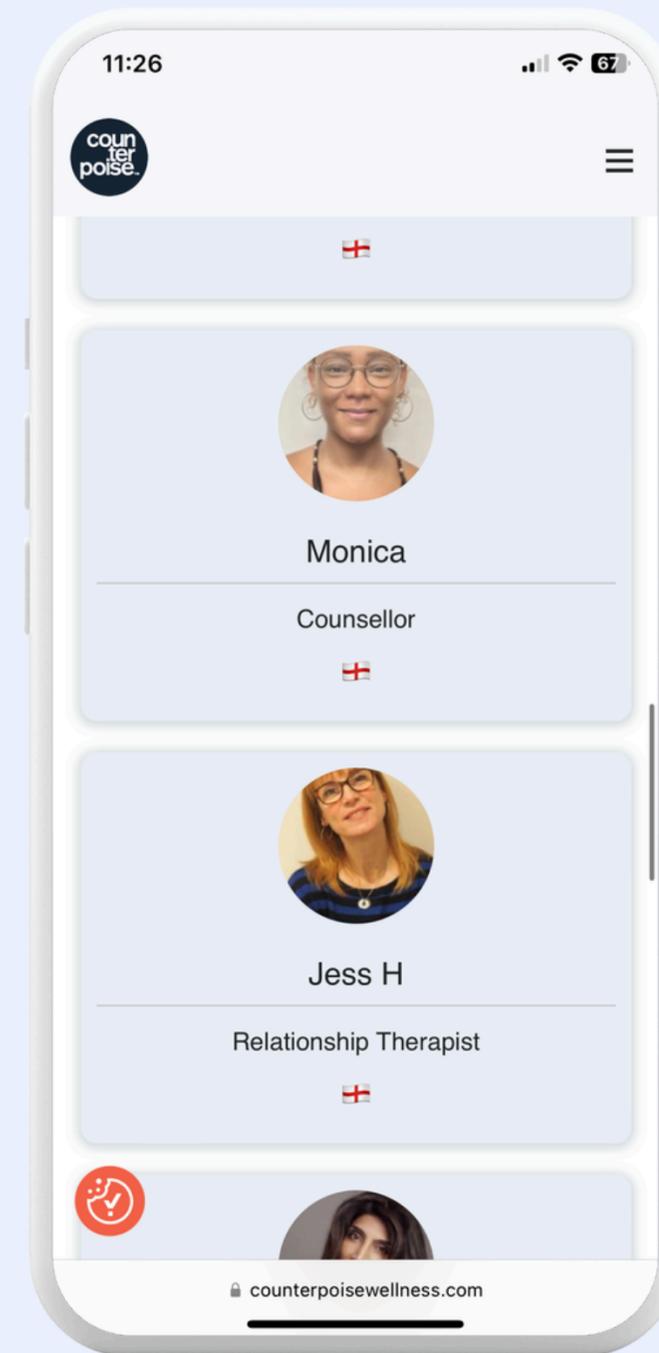
HIGH STAFF TURNOVER

A study by Mind Share Partners found that **50%** of millennials and **75%** of Gen Z-ers have left a job for mental health.



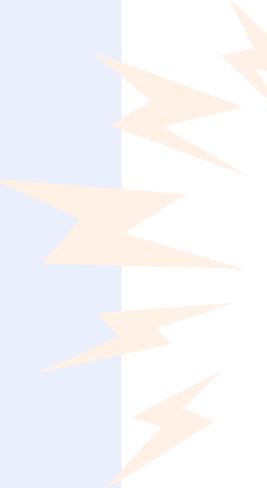
Introducing Counterpoise

We are a multidisciplinary team of experienced professionals, keeping it real, using evidence based therapies to make people feel better.



Our online portal.

**counter
poise™**



Outsource to the experts.

We're shaking up the therapy world by offering affordable, no-nonsense, flexible private therapy.



PAY AS YOU GO

AFFORDABLE & FLEXIBLE

We do NOT believe in expensive therapy subscriptions. And we understand that in 2024 people need flexibility.

PERSONAL

There is no one size fits all solution when it comes to therapy so our services are entirely bespoke.

EXPERTS

Rigorously shortlisted qualified professionals hand picked and interviewed by Jess/Kitty personally.



counterpoise™

Businesses that trust us.



MILLFIELD



AVANTI SCHOOLS TRUST

happiful

WORK•LIFE

depop

HELP for
HEROES



Pricing: Only pay for what you use.

Pay-as-you-go therapy
for individual employees

From **£22** per session.

Contribute **OR** pay in full towards
your team's sessions.

E.g., A 50% contribution towards the first three
sessions would only cost your organisation £33.

We also offer discounts on bulk session bookings.

For your teams:

E.g., We worked with a company who was facing regular arguments within a team, which led to one staff member resigning, lower productivity and performance over several months.

We stepped in to do what HR couldn't, as an external confidential expert. We used our evidence-based practices to provide real solutions restore balance to the office.

THRIVE

Therapist-led Wellbeing
Workshops: **from £250.**

**CORPORATE
RETREATS &
EVENT DAYS**

Contact for a quote.

**CONNECT
& CARE**

Change management
support: minimum 4
sessions **from £35.**

EMPOWER

Elevates group
development, productivity
& positive team culture.

Contact for a quote.



Whatever the problem is it's our mission to help. We do everything in our power to support you and your team.



Bespoke solutions to the size of your business and needs.

Contact us for a call to discuss pricing: contact.counterpoisewellness@gmail.com

Corporate retreats

Introducing our wellbeing retreats and workshops for organisations, communities, and teams!

Our retreats and events are designed to meet the unique needs of each group we work with, for team building, a celebration, stress reduction, or simply creating a space for individuals to connect and recharge.





THE TEAM



Meet our practitioners:

We have a solid ever growing team of **55+ professional** practitioners working for the Counterpoise. This fabulous team is multidisciplinary, specialising in a wide range of therapy services from counselling and hypnotherapy, to psychotherapy, nutrition and yoga.