



We use nature to help your employees improve their mental health, relieve stress, build resilience, and restore balance.

WiltshireWildlifeTrust

In-House Workshops

By attending a Wellbeing Workshop at your premises, your employees will experience how nature connectedness supports mental fitness.

We can help you to look after your local wildlife *and* your staff.

www.wiltshirewildlife.org/workplace-wellbeing

ImogenJ@wiltshirewildlife.org

