



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

WiltshireWildlifeTrust

Online Wellbeing Workshops

- Informative and experiential activities
- Understand why nature connectedness is good for mental health
- Learn about simple evidence-based actions to improve wellbeing
- Come away with a toolkit of practical activities and resources

www.wiltshirewildlife.org/workplace-wellbeing

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