



Northern
Ballet

NORTHERN BALLET'S BREAKTIME BARRE

Virtual employee wellbeing workshops, perfect for your home-working team.

Expertly led by Northern Ballet's skilled dance workshop leaders, our virtual wellbeing workshops offer a range of safe, simple exercises designed to get your team up and moving with a morning energiser, or even a lunchtime pick-me-up. Each 45 minute session is themed around a different favourite Northern Ballet production, so your team can start their day feeling like world-class ballet dancers!

The emotional and physical wellbeing of your people has never been more important than it is today. Our tailor-made workshops perfectly complement any existing organisational employee wellbeing programme and can help to:

- Boost staff motivation, morale and engagement, bringing teams together to tackle isolation.
- Get people up and moving safely and responsibly bringing activity into an otherwise static working day.
- Tackle the physical challenges of substitute home work stations which often differ from the office environment.
- Give your staff a much needed moment of calm and relaxation away from the daily pressures of work and home.

We can work with groups of all sizes, from 5 to 95 people*.

Our Breaktime Barre workshops start from £1,000+ VAT, and involvement includes additional benefits to your business:

- Your company logo featured on Northern Ballet's website, visited by 1.6M viewers each year
- Use of agreed Northern Ballet images and content on your website and social media platforms
- Opportunities to reach Northern Ballet's 100K strong social media following

For more information please contact:

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*Total group capacity is 95.