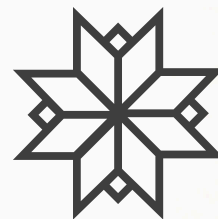
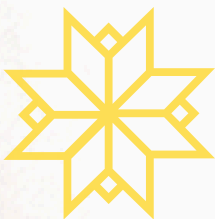




ATARAXIA for ALL CIC OPPORTUNITIES FOR TRAINING

**WORKSHOPS - KEYNOTES - ASSEMBLIES
ENRICHMENT - CAPACITY BUILDING
WORKPLACE WELLBEING**

2026-27



**Ataraxia for All CIC
Ebenezer School & Chapel
James Street
Ince
WN3 4JY**





TABLE OF CONTENTS

Welcome to our Training Brochure!

Pages 4-5

Bespoke Sessions

Page 6

Workshop Outlines

Pages 7-15

- Compassionate Communication
- First Aid for Mental Health
- Breathwork for Health
- Breathe and Reset
- Soundhealing & Meditation
- Positive Psychology
- Overcoming Stress and Anxiety
- Emotional Intelligence
- Care Beyond Calories

Collaborations.

Pages 16-23

- Coach Tom Blackledge - Mindset Master
- Stella Blackledge 'Magical Maven' - Training Professional & Spiritual Self Development
- Coach Becky Martin - Women's Fitness & Youth Work
- Jodie Wallace - Wellbeing, Creativity & Eating Disorder Awareness
- Mindful Floristry - The Budding Florist
- Drakaina Hail - Hailstone Holistics
- Lorna Lewis - Funked Up Fitness
- Jen Williams - Body. Brain. Belief. CIC

Venues

Pages 24-27

- Muse at Soul-i
- The Grapple Chapel
- Empire Bag Room
- The Church Hall

Why Book with Ataraxia for All CIC.

Page 28



WELCOME TO OUR TRAINING BROCHURE



Welcome to Our Training Brochure!

Building Skills for Life

At Ataraxia for All, we believe learning and development should go beyond information-sharing. The most powerful training equips people with fundamental life skills; the ability to manage emotions under pressure, communicate clearly and confidently, and respond to any challenge with resilience.

In an increasingly fast-paced and demanding world, these skills are no longer optional extras. Emotional regulation, self-awareness, effective communication, and mental strength underpin healthy workplaces, strong communities, and confident individuals. Whether supporting staff wellbeing, youth development, or leadership growth, meaningful training creates lasting impact when it addresses the whole person — mind, body, and behaviour.

What You'll Find in This Brochure

Inside, you'll discover a range of carefully designed 'off-the-shelf' sessions that can be delivered as stand-alone workshops, keynotes, or short programmes. Topics include:

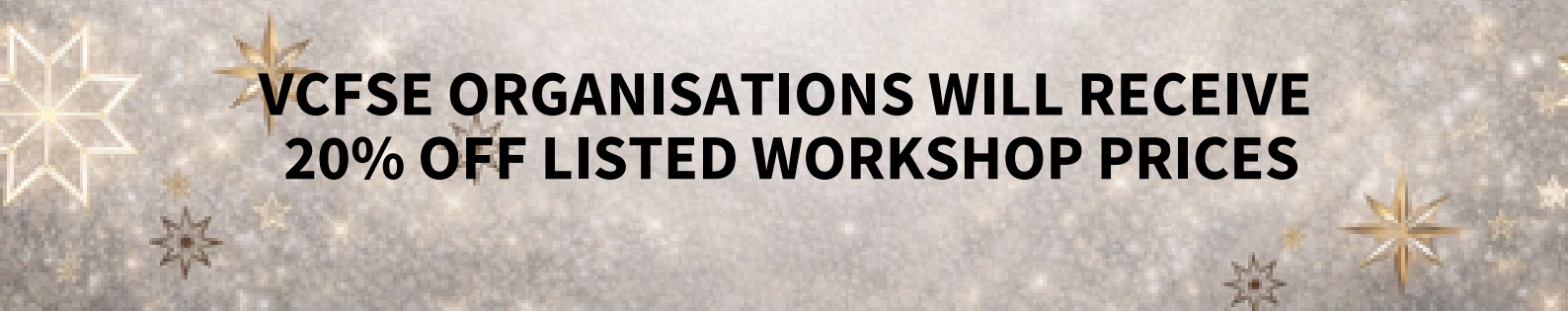
- Motivational and mindset development
- Stress management and nervous system awareness
- Movement-based wellbeing
- Sound healing and restorative practices
- Team connection and confidence-building

Each session is structured, outcome-focused, and adaptable to suit different audiences and settings. We collaborate with a range of specialists who you can request to deliver a session for you, from floristry to holistics, mindset to magic, we have you covered!

We also offer bespoke training days and programmes, allowing you to mix and match elements from our sessions to meet your organisation's specific aims. Whether you are planning a conference, staff development day, wellbeing week, or community programme, we work collaboratively to design a format that aligns with your goals and environment.



**VCFSE ORGANISATIONS WILL RECEIVE
20% OFF LISTED WORKSHOP PRICES**





WELCOME TO OUR TRAINING BROCHURE



Welcome to Our Training Brochure

Our Training Spaces

We are always happy to travel to your premises or a venue of your choice to keep training costs to a minimum. However if you prefer to come to us, or for sessions that require a specialist set-up,, we can also deliver sessions across a range of carefully selected venues, each offering a distinct atmosphere and function:

- Grapple Chapel – A matted studio space ideal for movement, mindfulness, and embodied practice.
- Empire Bag Room – A ground-floor training space suited to physical and high-energy sessions.
- Church Hall – A fully accessible, welcoming community venue perfect for workshops, talks, and seated sessions.
- Souli Studios – A high-end wellbeing studio designed for yoga, Pilates, sound, and restorative practices.

Full details for each venue, including capacity and suitability, can be found within the 'venues' section of this brochure.

We hope you find what you are looking for - but if you don't, please feel free to reach out at any time with any questions or enquiries, and we'll do whatever we can to perfectly meet your training needs.

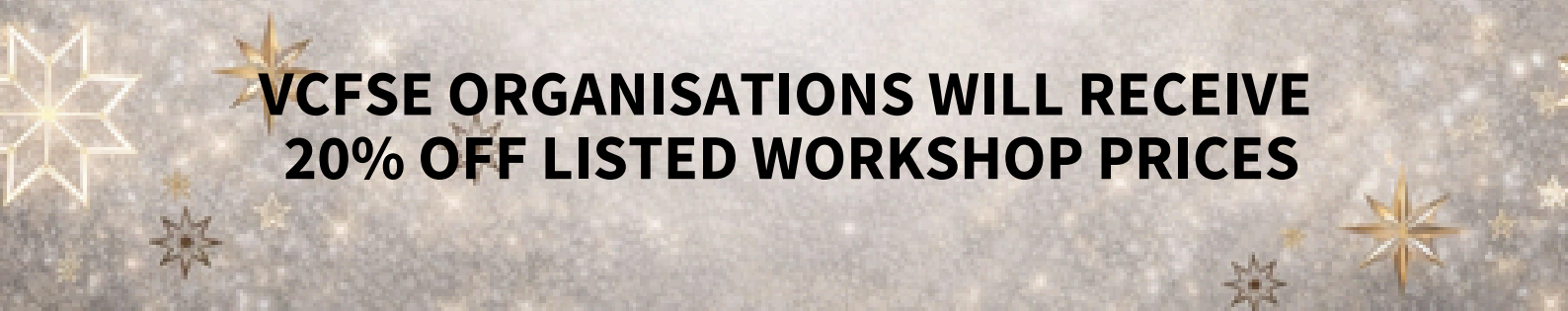
With warmest regards,

Stella L

Stella Blackledge MITOL
Learning and Development Director



**VCFSE ORGANISATIONS WILL RECEIVE
20% OFF LISTED WORKSHOP PRICES**





BESPOKE TRAINING & WELLBEING SESSIONS

Tailored Training to Meet Your Organisation's Needs

At Ataraxia for All, we recognise that no two organisations are the same. Our bespoke training and wellbeing sessions are designed in collaboration with you, allowing us to tailor content to your specific aims, audience, and setting. Sessions can be adapted in length, tone, and delivery style, and can combine elements from our movement, mindset, and wellbeing offerings where appropriate.

Whether you are looking to inspire, upskill, support wellbeing, or create meaningful engagement, we work with you to design a programme that aligns with your objectives.

What Can Be Included?

Bespoke sessions may combine one or more of the following elements from our 'off the shelf' outlines included in this brochure, depending on suitability and setting:

- Motivational and mindset keynotes, assemblies, or workshops
- Stress management and nervous system regulation
- Movement-based wellbeing sessions
- Breathwork, meditation, or sound healing
- Team connection and confidence-building activities
- Reflection, discussion, and practical takeaways

All sessions are delivered in an accessible, inclusive, and trauma-informed way.

If you wish to arrange an informal no-obligation chat about your training needs, please give us a call or an email, or fill out our [training request form](#), and we'll be in touch within 24 hours to let you know how we can help you.

Ataraxia for All CIC
Ebenezer School & Chapel
James Street
Ince
WN3 4JY

ataraxia4all@outlook.com
07960 965666
ataraxia.org.uk

 **@ataraxiaforall**
 **@ataraxia4all**



**VCFSE ORGANISATIONS WILL RECEIVE
20% OFF LISTED WORKSHOP PRICES**



WORKSHOP OUTLINE

Compassionate Communication

Speaking peace in a stressful world



What is it about?

This workshop explores the foundations of Nonviolent Communication (NVC) and mindful dialogue. Participants learn to express themselves clearly and kindly, listen with empathy, and build understanding even during conflict or tension.

Who will benefit?

Anyone wishing to improve relationships, reduce conflict, and communicate with more compassion—especially professionals in care, education, and community roles.

Workshop Aim - What's the focus of the session?

To develop compassionate communication skills that foster empathy, reduce stress, and strengthen relationships in personal and professional life.

What skills will attendees acquire?

After attending the session delegates will be able to:

- Demonstrate understanding of the principles of Nonviolent Communication (NVC).
- Identify how unmet needs and emotions influence communication.
- Use techniques to listen with empathy and respond with clarity.
- Practise expressing honesty without blame or judgment.
- Cultivate peaceful interactions in challenging situations.

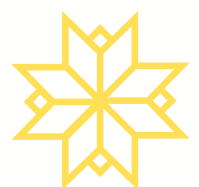
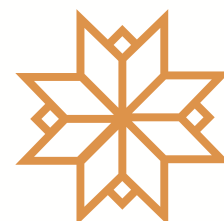
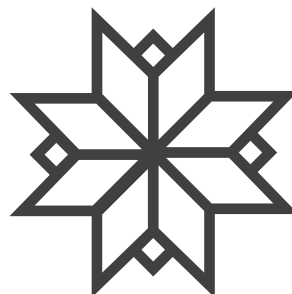
Duration: From 3.5 hours, tailored to need

Cost: From £400 for up to 12 delegates. Please enquire for bespoke quotation based on needs.

Enquire: www.Ataraxia.org.uk/contact

Tel: Stella Blackledge on 07960 965666

Email: ataraxia4all@outlook.com





WORKSHOP OUTLINE

First Aid for Mental Health

First response for signs and symptoms



What is it about?

This workshop provides participants with the knowledge and confidence to recognise the signs and symptoms of common mental health issues, respond appropriately, and support others to seek professional help. It focuses on practical tools for early intervention, listening skills, and creating a compassionate culture of awareness in community and workplace settings.

Who will benefit?

Community leaders, volunteers, teachers, coaches, managers, and anyone who wishes to better support the mental health of those around them.

Workshop Aim - What's the focus of the session?

To equip participants with the understanding and skills to identify, respond to, and support individuals experiencing mental health challenges.

What skills will attendees acquire?

After attending the session delegates will be able to:

- Recognise early warning signs of mental health.
- Have supportive, non-judgmental conversations.
- Respond to crises safely and appropriately.
- Demonstrate understanding of pathways for professional help and self-care.
- Promote wellbeing within community and organisational settings.

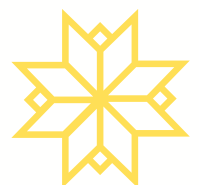
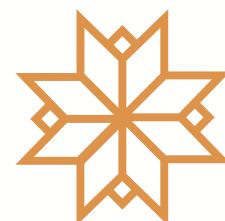
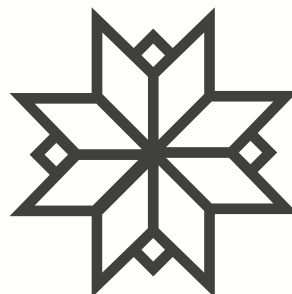
Duration: 6.5 hours full day, tailored to need

Cost: From £750, up to 12 delegates. Please enquire for bespoke quotation based on needs.

Enquire: www.Ataraxia.org.uk/contact

Tel: Stella Blackledge on 07960 965666

Email: ataraxia4all@outlook.com





WORKSHOP OUTLINE

Better with Every Breath

Taking control of stress related anxiety and building a resilient nervous system.

What is it about?

A practical and experiential workshop exploring the power of the breath to regulate the nervous system, improve focus, and support emotional balance. Participants learn a range of breathing techniques to use in daily life for relaxation, energy, and mental clarity.

Who will benefit?

Anyone experiencing stress, fatigue, or anxiety, or looking to enhance physical and mental performance. Will also benefit those suffering from digestive issues and insomnia or sleeplessness.

Workshop Aim - What's the focus of the session?

To teach participants how to understand and use conscious breathing to improve physical, mental, and emotional wellbeing, with a focus on the science of breath.

What skills will attendees acquire?

After attending the session delegates will be able to:

- Demonstrate an understand the link between breath, body, and emotional regulation.
- Practise breathing techniques for calm, focus, and vitality.
- Use breathwork to manage stress and anxiety.
- State how breathing patterns influence general health and wellbeing.
- Develop a short, personalised breathwork routine.

Duration: From 2.5 hours, tailored to need

Cost: From £350 for up to 15 delegates. Please enquire for bespoke quotation based on exact needs and location.

Enquire: www.Ataraxia.org.uk/contact

Tel: Stella Blackledge on 07960 965666

Email: ataraxia4all@outlook.com





WORKSHOP OUTLINE

Breathe and Reset

Simple tools for creating calm, focus and confidence.

What is it about?

A relaxed, practical introduction to breathwork designed to help young people (and adults!) understand how their breathing affects how they feel. In this interactive session, participants learn simple, easy-to-use breathing techniques that can help with nerves, stress, focus, and sleep. Everything taught can be used immediately; in the classroom, before exams, before sport, or at home. No experience needed.

Who will benefit?

Suitable for schools (KS2 and above), youth groups and community organisations, sports teams, staff wellbeing sessions. Ideal for anyone who experiences: Anxiety or exam nerves, difficulty focusing, big emotions, trouble sleeping, pre-performance nerves.

Workshop Aim - What's the focus of the session?

To help participants understand how the nervous system works (in simple terms), why breathing changes how we feel, how to calm the body quickly, and how to boost focus and energy safely.

What skills will attendees acquire?

After attending the session delegates will be able to:

- Recognise signs of stress in their body
- Use 2-3 simple breathing techniques for calm and focus
- Reset themselves in under 2 minutes
- Create a short "go-to" breathing routine for daily life

Duration: From 45 mins to 1 hour, tailored to need

Cost: From £150 for up to 15 delegates. £250 for two concurrent sessions. Please enquire for bespoke quotation based on exact needs and location.

Enquire: www.Ataraxia.org.uk/contact

Tel: Stella Blackledge on 07960 965666

Email: ataraxia4all@outlook.com





ATARAXIA
TOOLS FOR TRANQUILITY

WORKSHOP OUTLINE

Sound Healing Meditation

Reducing stress-related anxiety and supporting nervous system regulation through sound and vibration

What is it about?

A gentle, immersive and experiential session exploring the therapeutic use of sound, vibration and breath to calm the nervous system, reduce stress, and promote deep relaxation. Using instruments such as crystal singing bowls, chimes, drums, and voice, participants are guided into a meditative state where sound supports emotional balance, mental clarity, and rest. The session offers a safe and accessible way to down-regulate from the demands of daily life and reconnect with a sense of calm.

Who will benefit?

Anyone experiencing stress, anxiety, overwhelm, fatigue, or difficulty switching off. The session is particularly beneficial for those living with chronic stress, sleep disturbance, sensory overload, or low mood, and for anyone seeking a restorative practice to support emotional wellbeing and nervous system health.

Sound Healing Aim

To support participants in calming and regulating the nervous system through therapeutic sound, enabling deep relaxation, stress release, and improved emotional resilience.

What will attendees get from the session?

After attending the session, participants will:

- Understand how sound, vibration and breath can influence the nervous system and stress response.
- Experience deep states of relaxation through guided sound meditation.
- Use sound and breath as a tool to support emotional regulation and mental calm.
- Recognise the effects of their relaxation session on overall wellbeing and stress levels.

Duration: From 1 hour, tailored to need

Cost: From £130 for up to 15 delegates. Please enquire for bespoke quotation based on exact needs and location.

Enquire: www.Ataraxia.org.uk/contact

Tel: Stella Blackledge on 07960 965666

Email: ataraxia4all@outlook.com





WORKSHOP OUTLINE

Positive Psychology

Reframing your outlook to optimism



What is it about?

This uplifting course introduces the science of happiness and wellbeing through Positive Psychology. Participants explore practical strategies to build optimism, resilience, and purpose, supporting long-term mental and emotional wellbeing.

Who will benefit?

Anyone seeking to improve mood, motivation, and overall happiness—ideal for both individuals and workplace wellbeing programmes.

Workshop Aim - What's the focus of the session?

To empower individuals to enhance their wellbeing and life satisfaction through evidence-based Positive Psychology practices.

What skills will attendees acquire?

After attending the session delegates will be able to:

- Demonstrate understanding of key concepts of Positive Psychology and wellbeing science.
- Identify personal strengths and use them effectively in daily life.
- Practise gratitude, mindfulness, and self-compassion techniques.
- Employ strategies to build resilience and emotional balance.
- Create a personalised wellbeing action plan.


Duration: From 3.5 hours, tailored to need

Cost: From £400 for up to 12 delegates. Please enquire for bespoke quotation based on needs.

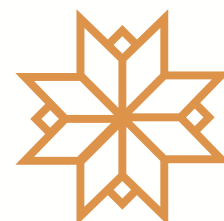
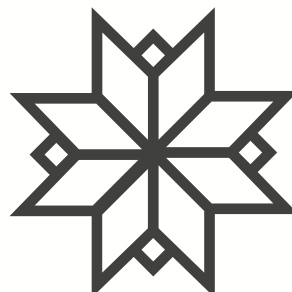
Enquire: www.Ataraxia.org.uk/contact

Tel: Stella Blackledge on 07960 965666

Email: ataraxia4all@outlook.com



THINK POSITIVE
FEEL POSITIVE
LIVE POSITIVE





WORKSHOP OUTLINE

Overcoming Anxiety & Stress

Take steps to cope better with the everyday



What is it about?

This course offers practical tools to identify triggers, calm the mind, and build resilience against anxiety and chronic stress. Through a blend of mindfulness, cognitive techniques, and relaxation strategies, participants learn to regain control and create calm.

Who will benefit?

Individuals experiencing anxiety, stress, or burnout; professionals in high-pressure roles; or anyone seeking calm and balance in daily life. Individuals experiencing anxiety, stress, or burnout; professionals in high-pressure roles; or anyone seeking calm and balance in daily life.

Workshop Aim - What's the focus of the session?

To provide participants with evidence-based techniques to understand and manage anxiety and stress effectively.

What skills will attendees acquire?

After attending the session delegates will be able to:

- Recognise the physiological and psychological roots of stress and anxiety.
- Develop coping mechanisms to manage triggers and negative thought patterns.
- Practise grounding and relaxation techniques.
- Build emotional resilience through self-care and mindset shifts.
- Create a personalised stress management toolkit.

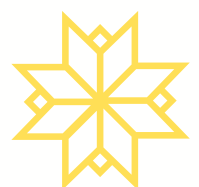
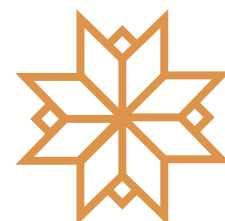
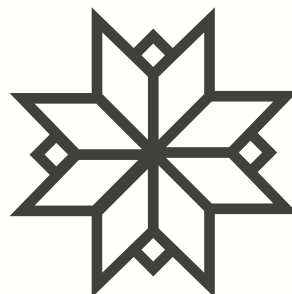
Duration: From 3.5 hours, tailored to need

Cost: From £400 for up to 12 delegates. Please enquire for bespoke quotation based on needs.

Enquire: www.Ataraxia.org.uk/contact

Tel: Stella Blackledge on 07960 965666

Email: ataraxia4all@outlook.com





WORKSHOP OUTLINE

Emotional intelligence

Building the most powerful skills of communication, connection and collaboration



What is it about?

This workshop explores Emotional Intelligence (EI) and how it underpins effective communication, healthy relationships, and positive workplace culture. Participants will develop greater self-awareness, learn how emotions influence thoughts and behaviour, and build practical skills to recognise, regulate, and respond to emotions in themselves and others.

Who will benefit?

This workshop is suitable for anyone looking to strengthen their interpersonal skills, emotional resilience, and confidence in communication. It is particularly beneficial for professionals working in care, education, leadership, community, health, and customer-facing roles, as well as individuals who want to improve interpersonal skills.

Workshop Aim - What's the focus of the session?

To develop Emotional Intelligence skills that enhance self-awareness, emotional regulation, empathy, and effective communication in personal and professional settings.

What skills will attendees acquire?

After attending the session, delegates will be able to:

- Identify the core components of Emotional Intelligence and why they matter.
- Apply self-awareness by recognising emotional triggers, patterns, and responses.
- Demonstrate emotional regulation skills to manage stress and respond rather than react.
- Communicate more effectively by aligning emotional insight with clear, respectful expression.

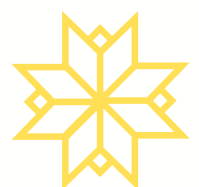
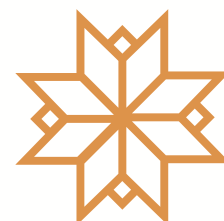
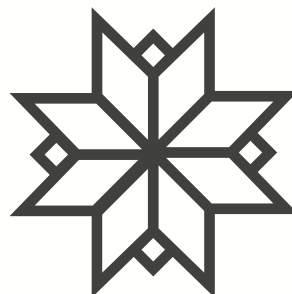
Duration: From 3.5 hours, tailored to need

Cost: From £400 for up to 12 delegates. Please enquire for bespoke quotation based on needs.

Enquire: www.Ataraxia.org.uk/contact

Tel: Stella Blackledge on 07960 965666

Email: ataraxia4all@outlook.com





WORKSHOP OUTLINE

Care Beyond Calories

Supporting Healthy Relationships with Food



What is it about?

This session explores how the language adults use around food can shape children's beliefs and emotions about eating. While nutrition education aims to promote healthy choices, messages that label foods as "good" or "bad" can sometimes create guilt, anxiety or rigid thinking around food. Drawing on lived experience and current understanding of eating disorder development, this workshop helps educators reflect on how children interpret food messaging from school, social media, family culture and health campaigns. Particular attention is given to how some children, especially those who are neurodivergent, may interpret guidance as strict rules rather than flexible advice.

Who will benefit?

The workshop provides practical strategies that educators, youth workers and parents can use to support healthier long-term relationships with food.

Workshop Aim - What's the focus of the session?

To help educators and practitioners explore supportive, balanced language around food that promotes healthy relationships with eating and reduces shame or anxiety.

What skills will attendees acquire?

After attending the session participants will be able to:

- Understand how language influences children's relationship with food
- Recognise the risks associated with moralising food choices
- Gain practical alternatives to common harmful phrases
- Learn how to support neurodivergent children around food anxiety
- Be able to introduce a balanced framework such as "Everyday foods" and "Sometimes foods"

Duration: From 60-90 minutes, tailored to need. Can be adapted as an assembly or PSHE lesson.

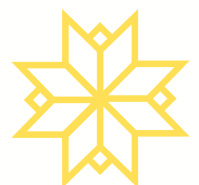
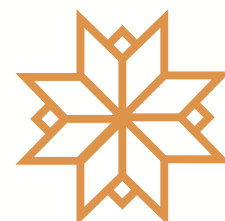
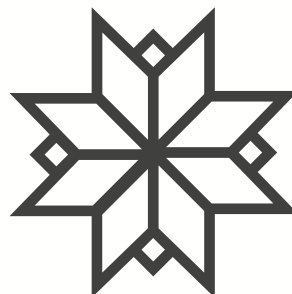
Cost: From £200 per session. Please enquire for bespoke quotation based on needs.



Enquire: www.Ataraxia.org.uk/contact

Tel: Stella Blackledge on 07960 965666

Email: ataraxia4all@outlook.com





ATARAXIA
TOOLS FOR TRANQUILITY

COLLABORATIONS

Coach Tom Blackledge

UK Pioneer and Legend in Mixed Martial Arts, Mindset Mastery and Mindfulness.



Tom Blackledge is a coach, facilitator, motivational speaker and UKMMA pioneer with over 25 years' experience leading, mentoring and developing others. With a professional background in martial arts and elite-level combat sport, Tom now specialises in translating high-performance principles into practical tools for everyday life, leadership and resilience. His work bridges physical training, mindset mastery and applied philosophy, equipping individuals and teams to perform under pressure and manage fear, stress and uncertainty with clarity. Tom has delivered training and consultancy for branches of the Armed Forces, the TV and Film industry, local government, schools, national businesses and the fitness sector

Areas of Expertise Include:

- Martial Arts & Combat Fundamentals
- Resilience & Stress Management
- Fear Mastery & Performance Under Pressure
- Applied Philosophy & Personal Development
- Health, Strength & Conditioning
- Leadership Through Adversity



Tom has 'off the shelf' keynotes and workshops available, which can be tailored to suit different needs and audiences.

Role Within Ataraxia

As Co founder and CEO of Ataraxia for All, Tom brings depth, discipline and lived experience to our movement and mindset programmes. From MMA fundamentals and strength-based sessions to workshops on courage, identity and self-mastery, his delivery is direct, grounded and transformational. His approach aligns seamlessly with Ataraxia's ethos: Build strength. Cultivate calm. Lead yourself well.

Duration: Dependant on sessions. tailored to need. From 45 minute keynote to full day workshops.

Cost: From £300 for a keynote speech or motivational talk.

Enquire: www.Ataraxia.org.uk/contact

Tel: Stella Blackledge on 07960 965666

Email: ataraxia4all@outlook.com





COLLABORATIONS

Stella Blackledge MiTOL *aka 'Magical Maven'*



Where traditional learning and development meets esoteric science for personal growth with a spiritual twist

Stella Blackledge is a certified Training Professional and Member in good standing of the Institute of Training and Occupational Learning, with over 20 years' experience designing and delivering transformative learning experiences for individuals, intimate groups and large audiences. Also operating under the 'Magical Maven' brand, blending structured learning design with esoteric wisdom traditions, Stella specialises in creating experiences that are both grounded and expansive, integrating psychology, communication, breathwork and mindset with the symbolic languages of Tarot, Astrology and the Western Mysteries. As well as formal Training qualification, Stella is a long-term student of the esoteric tradition and certified in Tarot, Esoteric & Positive Psychology, CBT/DBT, Kundalini Meditation and Reiki (Usui Master).

Areas of Expertise Include:

- Communication, CBT/DBT & Positive Psychology
- Tarot for Personal Growth & Archetypal Psychology
- Astrology & Birth Chart Foundations
- Manifestation & Intention Setting
- Chakra Systems & Energy Awareness
- Breathwork & Meditation
- Sound Healing & Subtle Energy Practices



Role Within Ataraxia

As Co founder of Ataraxia and under the 'Magical Maven' banner, Stella curates the reflective, communication-based, and transformational dimension of our programmes, from sound meditations and archetypal workshops to workplace wellbeing sessions and bespoke 'magical' experiences. All core courses and workshops can be tailored for corporate environments, community groups, private events or conference settings, blending evidence-based learning frameworks with symbolic and experiential depth.

Duration: Dependant on sessions. tailored to need. From 1 hour sessions to full day facilitation.

Cost: From £130 for a one-hour session. Bespoke quotation provided on request.

Enquire: www.Ataraxia.org.uk/contact

Tel: Stella Blackledge on 07960 965666

Email: ataraxia4all@outlook.com

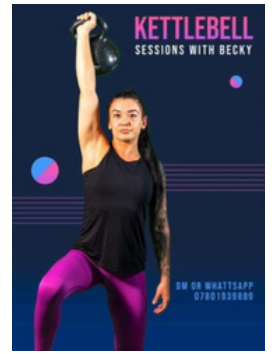




COLLABORATIONS

Coach Becky Martin

Women's UK MMA champion, Head Coach for Fighter Blueprint Academy's Teens Programme, PT and Breathcoach



Becky Martin is a Women's UK MMA Champion, experienced coach and mentor with a strong track record of developing confident, capable athletes and young people. With a background in elite-level combat sport and performance training, Becky specialises in building strength, resilience and self-belief through structured, empowering coaching. Her work blends technical skill development, strength and conditioning, breathwork and mindset training. Becky is particularly passionate about helping women and young people to grow in confidence, discipline and physical capability. She delivers sessions across community settings and performance environments, supporting beginners through to competitive athletes.

Areas of Expertise Include:

- Martial Arts & Combat Fundamentals
- Youth Focused Programmes
- Fitness, Mobility and Personal Training
- Breathwork and Yoga Nidra
- Health, Strength & Conditioning (Kettlebell specialist)
- Women's Focused Programmes

Becky offers both structured programmes and standalone sessions, which can be tailored to different age groups, abilities and client needs.

Role Within Ataraxia

As the Director leading on Women's and Youth Physical Training at Ataraxia for All, Becky brings elite sporting experience combined with warmth, approachability and discipline. From kettlebell strength sessions and combat fundamentals to breath-led recovery work and confidence-building programmes for women and teens, her coaching is empowering, technically sound and results-driven.

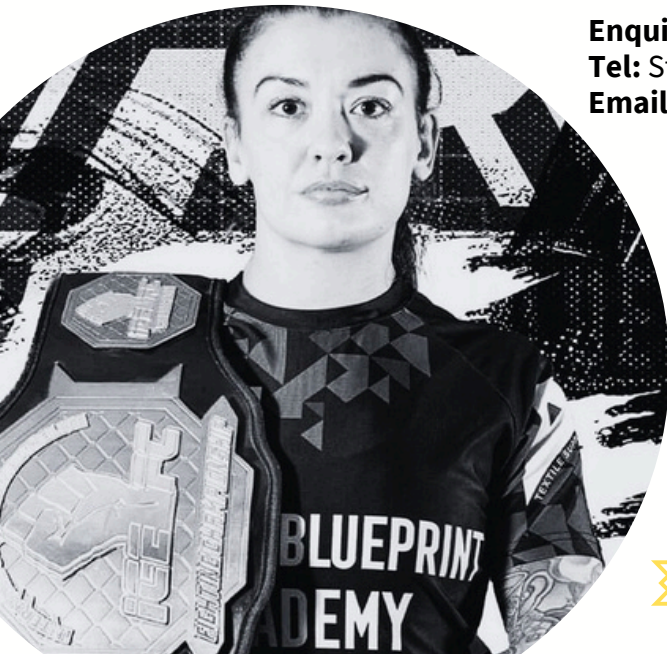
Duration: Dependant on sessions. tailored to need. From 45 minute sessions to tailored longer sessions.

Cost: From £65 per short fitness session, prices vary for different specialisms, please enquire for quotation based on need.

Enquire: www.Ataraxia.org.uk/contact

Tel: Stella Blackledge on 07960 965666

Email: ataraxia4all@outlook.com





COLLABORATIONS

Jodie Wallace

Wellbeing, Creativity & Eating Disorder Awareness



Jodie Wallace is a wellbeing practitioner, creative facilitator and founder of Care Beyond Calories, an initiative focused on supporting healthier relationships with food in schools and communities.

Alongside her wellbeing work, Jodie brings a strong creative background to her facilitation. As a published poet and experienced performer, she delivers engaging workshops that use poetry, storytelling and creative expression to build confidence, emotional literacy and self-reflection. Jodie is also a YogaBody Breath Coach, incorporating breath awareness and regulation techniques into her sessions to support nervous system regulation, confidence and emotional wellbeing.

In addition, she has a wealth of experience creating and leading community running groups, supporting participants to build confidence with movement, improve wellbeing and connect with others through shared activity.

Areas of Expertise Include:

- Eating disorder awareness and prevention
- Healthy relationships with food in schools
- Breathwork and nervous system regulation
- Poetry, creative writing and self-expression
- Confidence building through creativity
- Community running and movement groups

Role Within Ataraxia

Jodie is a Director of Ataraxia, a founding member, and a key part of our delivery team. Her experience working with and building grassroots community groups gives her empathy and insight into community challenges that is valuable and transferable to any group.

Duration: Dependant on sessions. tailored to need. From 45 minute sessions to tailored longer sessions.

Cost: Prices vary for different specialisms, please enquire for quotation based on need.



Enquire: www.Ataraxia.org.uk/contact
Tel: Stella Blackledge on 07960 965666
Email: ataraxia4all@outlook.com





COLLABORATIONS THE BUDDING FLORIST

Mindful Floristry *with Ange Tibke, The Budding Florist*



Ange Tibke

Working with natural materials to relieve anxiety and improve mental health

What is it about?

Mindful Floristry blends the therapeutic qualities of nature, colour, and creative expression with gentle mindfulness practices. Through hands-on floral arranging and sensory exploration, participants learn to slow down, connect with the present moment, and support their mental wellbeing in a non-traditional and accessible way. This workshop is designed for those who may not resonate with typical meditation or wellbeing sessions but find calm through creativity and working with natural materials.

Who will benefit?

Anyone seeking a gentle, creative, and non-traditional introduction to mindfulness; individuals who struggle with formal meditation; people experiencing stress, anxiety, or emotional overwhelm; community members looking for a calming, hands-on activity with wellbeing benefits.

Workshop Aim - What's the focus of the session?

To introduce mindfulness and mental health support through an engaging, creative, and nature-based approach that encourages relaxation, presence, and emotional expression.

What skills will attendees acquire?

After attending the session delegates will:

- Appreciate how creative floral work can support mental and emotional wellbeing.
- Have practiced simple mindfulness techniques through touch, scent, colour, and arrangement.
- Built confidence in using nature as a tool for grounding and self-regulation.
- Learned accessible, sensory-based strategies to reduce stress and overthinking.
- Created a floral arrangement that reflects personal mood, intention, or emotional state.



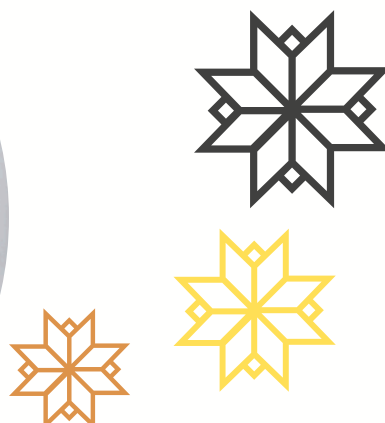
Duration: From 2.5 hours, tailored to need

Cost: From £300 for 10 delegates. Please enquire for bespoke quotation based on needs.

Enquire: www.Ataraxia.org.uk/contact

Tel: Stella Blackledge on 07960 965666

Email: ataraxia4all@outlook.com





COLLABORATIONS

Hailstone Holistics

Facilitated by Drakaina Hail – Holistic Healer,
Ceremonial Guide & Creative Therapeutic Practitioner



Ataraxia is proud to collaborate with Hailstone Holistics to offer a range of transformative group wellbeing experiences. These sessions combine guided visualisation, creative therapeutic practice, rhythm work, and intuitive facilitation to support emotional release, empowerment, and deep personal insight.

All sessions are suitable for small groups (8–10 participants) and include full facilitation, preparation, set-up and post-session support. Sessions run from your own premises or home, or choose one of our venues at an additional cost.

Core Offerings Include:

- Guided Meditation & Relaxation Sessions
- Sacred Women's Drum Circles
- Drum & Dream Sound Ceremonies
- Certified Cacao Ceremony Facilitator
- Healing Through Art – Creative Therapeutic Workshops
- Shadow Work Circles
- Ancestral Healing & Wisdom Workshops
- Meet Your Dragon & Specialist Energy Journeys
- Private & Bespoke Spiritual Gatherings



Each session includes full facilitation, preparation, set-up and post-session support.

These workshops are ideal for retreats, community wellbeing programmes, staff development days and private group bookings.

Duration: Dependant on sessions. Average 1.5 hours, tailored to need

Cost: From £100-150 for up to 10 delegates. For creative art sessions materials will be £8 per person. Please enquire for a bespoke quotation based on your group's needs.



Enquire: www.Ataraxia.org.uk/contact

Tel: Stella Blackledge on 07960 965666

Email: ataraxia4all@outlook.com





COLLABORATIONS

Lorna Lewis

Founder & Head Trainer — Funked Up Fitness
Fun. Empowering. Inclusive Movement for All.



Lorna Lewis is the founder and lead trainer of Funked Up Fitness, bringing an energetic, inclusive, and confidence-building approach to movement. With a passion for helping people reconnect with their bodies in a joyful and empowering way, Lorna creates fitness experiences that celebrate effort over perfection.

Her style bridges dance-inspired fitness with confidence coaching and mindset support, offering a unique alternative to traditional exercise settings. Lorna's mission is to help beginners and intermediate movers of all ages feel powerful, playful, and proud in their bodies, without needing any prior dance experience. Participants are simply invited to let go of inhibition, enjoy the music, and move with intention.

Core Offerings Include:

- Dance-inspired Fitness & Movement
- Confidence Building & Mindset Support
- Inclusive Group Movement Sessions
- Beginner & Intermediate Friendly Workouts
- Alternative Fitness Styles (no dance skill required)
- Fun, Music-Led Movement Experiences

Lorna offers both structured programmes and standalone sessions, tailored to individual and group needs, with an emphasis on accessibility and enjoyment.

These workshops are ideal for retreats, community wellbeing programmes, staff development days and private group bookings.

Duration: Dependant on sessions. Average 1 hour, tailored to need

Cost: From £90 for up to 20 delegates. Please enquire for a bespoke quotation based on your group's needs.



Enquire: www.Ataraxia.org.uk/contact

Tel: Stella Blackledge on 07960 965666

Email: ataraxia4all@outlook.com





COLLABORATIONS

Jen Williams



Founder – Body. Brain. Belief CIC
Wellbeing Facilitator, Behaviour Change & Confidence Coach

Jen Williams is the founder of Body. Brain. Belief CIC, a Wigan-based organisation dedicated to supporting women to improve their wellbeing through a holistic approach that connects physical health, mental wellness and self-belief. Through workshops, talks and creative wellbeing sessions, Jen helps women develop a healthier relationship with their bodies, food and self-care. Her work focuses on building sustainable habits, improving confidence and helping individuals reconnect with their own sense of worth and capability.

Jen’s sessions blend practical science around wellbeing with supportive conversation and reflective activities, creating welcoming spaces where women can explore health without judgement or pressure.

Core Offerings Include:

- Mindful Eating & Relationship with Food
- Food and Mood – Understanding the Brain–Body Connection
- Exercise and Mental Health (The Science)
- Stress Management & Everyday Wellbeing
- Sleep & Restorative Habits
- Confidence Building & Positive Body Image
- Sustainable Habits for Health & Weight Management
- Self-Care & Reframing What Wellbeing Looks Like

Jen also delivers creative wellbeing workshops, where participants explore topics such as sleep, stress or self-care while creating simple take-home items (for example lavender sleep pouches).

Sessions can be adapted for community groups, workplaces, and schools, helping participants better understand how caring for the body supports the brain and overall wellbeing. As a collaboration partner with Ataraxia for All, Jen brings valuable expertise around behavioural change, wellbeing education and confidence building for women and young people.

Duration: Dependant on sessions. Average 1 hour, tailored to need

Cost: From £675 for up to 20 delegates. Please enquire for a bespoke quotation based on your group’s needs.



Enquire: www.Ataraxia.org.uk/contact

Tel: Stella Blackledge on 07960 965666

Email: ataraxia4all@outlook.com





VENUES FOR HIRE

For all Workshops or Workplace Wellbeing sessions, we are happy to travel to you at your workspace or at a venue of your choice. If however you would prefer to come to us, we have a range of fantastic spaces that you can hire as part of your booking. Simply state your preference when you enquire.

MUSE: Naturally Different

Muse within Soul-i Studios is a high-end, beautifully designed wellbeing studio offering a luxurious and calming environment. The space is purpose-built for holistic practices, creating an elevated experience for participants and an ideal setting for restorative and therapeutic sessions.

Space Details

- **Approx. size:** Boutique studio space
- **Capacity:** Up to 15 participants
- **Flooring:** Studio flooring suitable for yoga and barefoot practices
- **Lighting:** Soft, natural and ambient lighting
- **Facilities:** Mats and bolsters available, toilets, on street parking

Best Suited For

- Yoga and Pilates
- Sound healing and meditation
- Breathwork sessions
- Retreat-style workshops and small groups

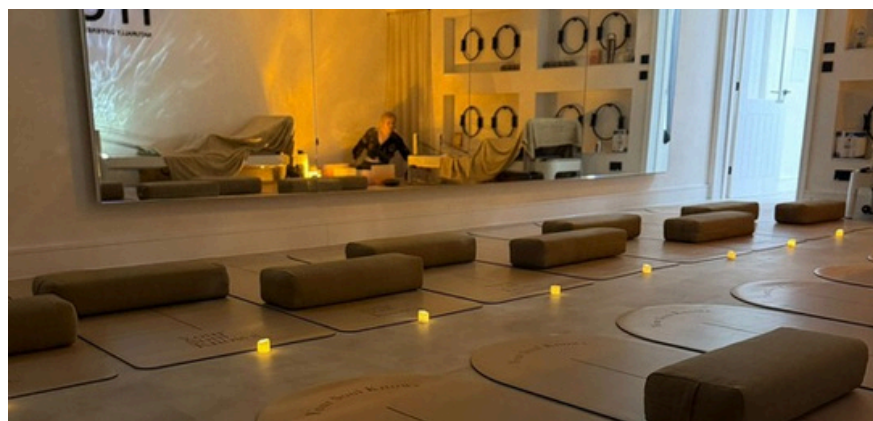
Atmosphere:

Luxurious, tranquil, and restorative

Availability: Weekdays, Evenings and Weekends, subject to demand

Cost: £25 for first hour and £20 per additional hour

Location: Humphrey Street, Ince. WN2



Enquire: www.Ataraxia.org.uk/contact
Tel: Stella Blackledge on 07960 965666
Email: ataraxia4all@outlook.com



VENUES FOR HIRE

For all Workshops or Workplace Wellbeing sessions, we are happy to travel to you at your workspace or at a venue of your choice. If however you would prefer to come to us, we have a range of fantastic spaces that you can hire as part of your booking. Simply state your preference when you enquire.

Ebenezer School & Chapel: The Grapple Chapel

The Grapple Chapel is an airy upstairs studio space in the eaves of our 19th century chapel, with full matted flooring, offering a contained and supportive environment. The room lends itself well to practices that combine movement with mindfulness.

Space Details

- **Approx. size:** Medium/large studio space
- **Capacity:** Up to 25 participants
- **Flooring:** Padded flooring suitable for higher impact barefoot activity
- **Lighting:** Natural during day, LED evening
- **Facilities:** Mats and bolsters available, toilets, on street parking, changing available, sound system

Best Suited For

- Yoga, pilates, dance, martial arts
- Sound healing and meditation
- Breathwork sessions
- Retreat-style workshops and small groups

Atmosphere:

Historical with a modern twist, high-end martial arts.

Availability: Weekdays, Weekend afternoons, subject to demand

Cost: £25 for first hour and £20 per additional hour

Location: James Street, Ince, WN3 4JY



Enquire: www.Ataraxia.org.uk/contact
Tel: Stella Blackledge on 07960 965666
Email: ataraxia4all@outlook.com



VENUES FOR HIRE

For all Workshops or Workplace Wellbeing sessions, we are happy to travel to you at your workspace or at a venue of your choice. If however you would prefer to come to us, we have a range of fantastic spaces that you can hire as part of your booking. Simply state your preference when you enquire.

Ebenezer School & Chapel: Empire Bag Room

The Empire Bag Room is a ground-floor training space equipped with hanging bags, an MMA cage, and padded flooring. It is designed for dynamic, physical sessions and is easily accessible without stairs, making it ideal for energetic and movement-focused activities.

Space Details

- **Approx. size:** Medium/large studio space
- **Capacity:** Up to 25 participants
- **Flooring:** Padded flooring suitable for higher impact barefoot activity
- **Lighting:** LED spotlights
- **Facilities:** Mats, gym equipment and free weights. toilets, changing available, sound system, on street parking

Best Suited For

- Fitness and strength sessions
- Boxercise and bag workouts
- Physical wellbeing workshops
- Active team-building or youth sessions

Atmosphere:

Energising, practical, and motivating

Availability: Weekdays, Weekend afternoons, subject to demand

Cost: £30 for first hour and £20 per additional hour (inc use of equipment)

Location: James Street, Ince, WN3 4JY



Enquire: www.Ataraxia.org.uk/contact
Tel: Stella Blackledge on 07960 965666
Email: ataraxia4all@outlook.com



VENUES FOR HIRE

For all Workshops or Workplace Wellbeing sessions, we are happy to travel to you at your workspace or at a venue of your choice. If however you would prefer to come to us, we have a range of fantastic spaces that you can hire as part of your booking. Simply state your preference when you enquire.

Ebenezer School & Chapel: The Church Hall

The Church Hall is a warm and welcoming community space that is fully wheelchair accessible, with ramp access and wide double doors. It offers a cosy, informal setting ideal for seated sessions, group discussion, and relaxed wellbeing activities.

Space Details

- **Approx. size:** Medium sized hall
- **Capacity:** Up to 15 seated participants
- **Flooring:** Parquet, ramp access
- **Lighting:** LED/natural daylight
- **Facilities:** Tables and chairs, kitchen access, toilets, tea and coffee facilities, wheelchair access.

Best Suited For

- Community wellbeing workshops
- Seated exercise or mindfulness sessions
- Talks, discussions, and training
- Social and support-focused groups

Atmosphere:

Community focused, inclusive, cosy.

Availability: Weekdays, Evenings, Weekends, subject to demand

Cost: £25 for first hour and £15 per additional hour

Location: James Street, Ince, WN3 4JY



Enquire: www.Ataraxia.org.uk/contact
Tel: Stella Blackledge on 07960 965666
Email: ataraxia4all@outlook.com



WHY BOOK WITH ATARAXIA FOR ALL?



1. Depth of Experience

Our directors and consultants have over 30 years' combined experience in professional learning & development, coaching, mentoring and community leadership.

2. Accredited & Assured

We offer industry-approved occupational training and learning, fully insured and quality assured, with member status through the Institute of Occupational Training and Learning.

3. Expert-Led, Multi-Modal Delivery

Our coaches and tutors are certified industry professionals across every modality we practice, including:

- Breathwork & Meditation
- Personal Training & Strength Development
- CBT & DBT-informed approaches
- Mental Health First Aid
- Psychology-based personal development
- Floristry & Horticulture
- Holistic therapies

You are always guided by someone appropriately trained, qualified and experienced.

4. Local. Invested. Authentic.

We are all local professionals who care deeply about our community and live the principles we teach. We don't just deliver sessions, we embody the work, with lived experience of its efficacy.

5. Purpose-Driven Model



Every paid programme directly sustains Ataraxia's community mission. Your investment directly helps us continue offering low-cost and funded services to those who need support the most.

If you wish to arrange an informal no-obligation chat about your training needs, please give us a call or an email, or fill out our [training request form](#), and we'll be in touch within 24 hours to let you know how we can help you.



Ataraxia for All CIC
Ebenezer School & Chapel
James Street
Ince
WN3 4JY

ataraxia4all@outlook.com
07960 965666
ataraxia.org.uk

 @ataraxiaforall
 @ataraxia4all

**VCFSE ORGANISATIONS WILL RECEIVE
20% OFF LISTED WORKSHOP PRICES**





**Ataraxia for All CIC
Ebenezer School & Chapel
James Street
Ince
WN3 4JY**

**ataraxia4all@outlook.com
07960 965666
ataraxia.org.uk
Booking Form**



@ataraxiaforall



@ataraxia4all