

Corporate Programmes

Our corporate programmes, based on relaxation, meditation and personal wellbeing are specifically designed with the corporate client in mind, providing training and coaching for key personnel who may be exposed to stress on a regular basis, now or in the future. We specialise in running courses for European companies and organise travel from Dublin Airport for our clients.

Giving reliable and effective ways for employees to cope with pressure, to maintain peak mental and physical performance, our courses are the ideal way for employers to create a calmer, healthier and more vitalised workforce.

The techniques used in our workshops have scientific backup and are known to dissolve stress and fatigue and give access to calmness, energy and intelligence to help individuals enjoy their personal and professional lives to the full.

But, you don't have to be suffering from the damaging cumulative effects of stress to benefit from our courses. Prevention is better than cure, and now may be the ideal time to take advantage of our training and create resilience to stress before it impacts on health, wellbeing and performance.

The results are a range of practical benefits - a clearer and more creative mind, increased effectiveness, improved health, greater happiness and improved mental ability.

We have standard packages (see menu options on left) or can tailor our services to meet your needs, Contact us now by calling Mary on 087 202 1727 or emailing mary@innerbliss.ie