

Emma Queen



CLINICAL HYPNOTHERAPY – PSYCHOTHERAPY –
MEDITATION – BREATHWORK

July 2023

**Subject: Elevate Workplace Wellness with Meditation, Mindfulness, and
Breathwork Sessions**

Dear Corporate Leaders,

As a mental health advocate and integrative psychotherapist passionate about nurturing workplace well-being, I am thrilled to introduce myself as Emma Queen. I specialise in EMDR (Eye Movement Desensitisation and Reprocessing), Clinical Hypnotherapy, and NLP (Neuro-Linguistic Therapy), and I am also an accredited meditation and breathwork practitioner.

In today's fast-paced and demanding business world, ensuring the mental well-being of employees has become more crucial than ever. Studies show that employees who feel supported in their mental health are happier and more engaged and demonstrate higher levels of productivity and creativity.

Introducing mindfulness, mindfulness and breathwork into the workplace can profoundly impact employee well-being and overall team dynamics.

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Here's why:

- 1. Stress Reduction:** The workplace can be a source of immense stress, leading to burnout and reduced performance. Meditation and mindfulness practices empower employees to manage stress effectively, enhancing their resilience in the face of challenges.
- 2. Improved Focus and Clarity:** Maintaining focus can be a struggle with constant information and distractions. Mindfulness practices sharpen attention and concentration, enabling employees to make more informed decisions and stay on task.
- 3. Enhanced Emotional Intelligence:** A workplace with emotionally intelligent employees fosters a supportive and understanding culture. Meditation and breathwork cultivate emotional awareness, empathy, and healthier communication among team members.
- 4. Creativity and Innovation:** Encouraging regular meditation and mindfulness sessions can spark creativity and innovative thinking. These practices can open up new perspectives and help employees think outside the box.
- 5. Boosted Morale and Job Satisfaction:** When employees feel that their well-being is valued, job satisfaction soars. This leads to improved retention rates, reduced absenteeism, and a positive work atmosphere.

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As an experienced practitioner in meditation and breathwork, I am dedicated to facilitating engaging and effective sessions tailored to meet your organisation's unique needs. My approach is grounded in evidence-based techniques, and I believe in creating a safe and inclusive space for all participants.

Together, we can foster a workplace culture that prioritises mental health, promotes well-being, and encourages personal growth. I invite you to consider integrating meditation and breathwork sessions into your organisation's wellness program to empower your employees and drive success from within.

If you want to learn more about the potential benefits of meditation and breathwork in your workplace, I would be delighted to discuss further. Let's take a step towards a healthier and happier work environment together.

Warm regards,

Emma Queen

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**Clinical Hypnotherapy, Psychotherapy,
Rapid Transformational Therapy (RTT),
NLP Coach, Meditation Teacher,
Breathwork Practitioner, Author and
Mum**



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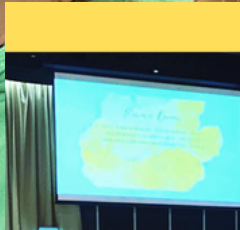


Emma Queen provided a teambuilding training session to our healthcare team at our annual conference two years running. She is an excellent speaker, knows how to hold an audience and is very knowledgeable in areas of wellbeing and personal development. I highly recommend Emma to any business that requires her skills. I am confident that you will not be disappointed.

THE CARDIAC CENTRE



**the
cardiac
centre**
NSW



Emma is an enthusiastic speaker evoking thinking about opportunities to improve old habits. She did a great presentation, it was an excellent view of human behaviours.

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