Workplace wellbeing & coaching

Manipura Empowered Pause, with Janine La Rosa

Bespoke support for people working under pressure, shaped around your team, location and goals.

Meditation & breathwork

Accessible workshops for wellbeing days, team sessions and offsites. Suitable for complete beginners.

Reiki at your workplace

A quiet treatment space at your office or event: individual 20- or 30-minute sessions, regular visits or a bespoke arrangement. Optional and offered with consent.

Leadership & coaching

One-to-one executive coaching and team development from a Henley-trained executive coach with two decades of senior leadership experience.

Next step

Share your people, location, timing and budget. Janine will discuss a suitable format and quote, or arrange a free 20-minute conversation.

Enquire: manipuraempoweredpause.com/workplace

Reiki complements rather than replaces medical or psychological care. Manipura Empowered Pause is a trading name of Manipura Group Ltd.