

*Nyomi Sounds*



PAUSE | UNWIND | RENEW

## **Invest in Wellness, Reap Productivity**

Wellness with Nyomi Sounds goes beyond providing a perk—it's a strategic investment at the heart of your organisation.

By nurturing an environment of health and vitality, we help you propel your workforce towards greater success, fulfilment and a healthier future for your company.

Discover how our sound journey programmes can make a pivotal difference in your workplace.

Connect with us and take the first step towards a more engaged and revitalised team.



## **Transform Your Workplace with Wellness**

Elevate your company's productivity and employee satisfaction with an innovative Nyomi Sounds workplace wellness experience. Our programmes, rooted in holistic methods, are specifically tailored to your requirements.

Alleviate workplace stress

Enhance mental health

Support team cohesion

Spark innovation

Cultivate wellness practices



# Bespoke Wellness Sessions Tailored to Your Needs

Through restorative sound journeys and guided meditations, we create a sanctuary in the workplace, allowing for deep reflection and personal growth.

The sessions are co-created to encompass the needs and ethos of your company to provide holistic solutions to burn out and restore equilibrium.

**Oneness**  
**Standalone session**



**The Power of Three**  
**Workplace Wellness**



**Work Well, Live Well**  
**Six steps to Elevate  
your Everyday**







## How we support our clients:

- Provide focus tools for each person to use in their daily lives after the programme.
- Create safe spaces for reflection, rest, stillness and journaling.
- Have a holistic approach to managing workplace stress, anxiety, work/life balance, team cohesion, sparking curiosity, innovation and a wellness culture.
- Our Sound journey programmes involve using vibration through a range of tonal instruments including Tibetan and Crystal singing bowls, Koshi chimes, mantras, meditation, breathwork and more.





79% of British adults  
experience work related stress

(Wellspace 2021)

Top 2 reasons for long term  
employee absence in the UK

50% Mental ill health  
48% Stress

(CIPD report 2021)





## Our Clients

Large corporate enterprises with employer benefit schemes.

SMEs seeking wellbeing services or programmes, such as team building, cohesion, and away days.

Small businesses looking for tailored wellbeing solutions.

22 Bishopsgate





We have supported



ESTÉE LAUDER

TALA



The Wellness Foundry

UNIVERSITY OF  
WESTMINSTER





# Meet the Founder

Nyomi has over 17 years experience working in content and sound curation with real measurable cultural impact.

Her background in music began as a songwriter and performing artist, touring across continents.

She went on to work within the entertainment industry in various roles, labels and teams including FutureKind Ent, assisting Paloma Faith, creative management for film maker and performer Plan B.

Nyomi Sounds is a certified sound therapy practitioner from the Centre of Wellbeing and a graduate of the intuitive development programme at the Wellness Foundry. Founded in 2019, Nyomi Sounds emerged from her deep desire to connect with and support others. Recognising the critical importance of mental health and wellbeing, especially in the wake of Covid-19, she has made it her life's mission to help individuals cultivate healthy wellness practices.





# Proven Benefits and Positive Feedback



**22 Bishopsgate attendee**

The practitioner was great, and her understanding of the healing properties of a sound bath really came across.

## What positive changes did you notice after the sound bath session?

"Increased energy, increased focus, less stress."

"More Relaxed and Happier"

"It really helped me unwind and feel more positive."

"Opportunity to clear my mind before the working day"

"It really helped me unwind and feel more positive."

"Less tension, more calm and relaxed, stresses were removed."



# Get in contact



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