

# TELISHA WEBSTER

WOMEN'S WELLBEING EXPERT & BESTSELLING AUTHOR



Telisha is a teacher & facilitator of women's empowerment, embodiment & wellbeing practices with a successful track record for providing workshop facilitation & expert speaking services to a variety of audiences. Her work blends the principles of positive psychology, somatic science & spiritual wisdom with a down-to-earth, empathetic approach to help women restore their energy levels, improve confidence & reach new levels of productivity & success.

## WHY WOMEN'S WELLBEING WORKSHOPS?

**Women leaders are seeking a different culture of work. Gender-focused events improve workforce wellbeing, support women's specific wellness needs, and are a key driver for engagement and retention in 2024.**

Benefits for your business include...

- ▲ improved team resilience, motivation, physical health, & mental wellbeing
- ▲ increased productivity, accuracy and retention.
- ▲ "Feeling good" has been shown to boost all of these factors by up to 30%.

Women will learn simple tools to boost vitality in 5 mins a day, including:

- how to harness the two "internal clocks" that govern female mood, energy & performance.
- why mind-body connection & nervous system regulation are key to managing your "stress bucket".
- the link between "feeling good", self-celebration, & broader women's empowerment.

### SPEAKING TOPICS

- Women's Empowerment & Wellbeing
- Movement & Meditation for Better Mood
- Stress Management & Nervous System Regulation
- Embodiment & Mind-Body Connection for Vitality
- Feminine Energetics & the Menstrual Cycle
- Moon Cycles for Self-Care
- Colour Psychology



Loved the session Telisha! Lots of great tips & practices I'll be incorporating into my daily routine. Felt so refreshed & proud after the session! - *Josie, Head of CRM at Ballys*



You were absolutely incredible - thank you for making the day so special for everyone! We have had so much incredible feedback! - *Katie, Industry Manager at Google*

### SIGNATURE SESSIONS:

#### VIBRANT WOMAN EXPERIENTIAL WORKSHOP

An experiential workshop combining guided relaxation, embodied movement, journaling, & group-sharing practices designed to help women connect to their vitality, cultivate gratitude, & celebrate each other. You'll come away feeling more calm, confident & inspired.

- Length: 1.5 hours. In-person small group workshop for 27 women, auditorium style workshop for up to 100 women, or virtual workshop for up to 100 women.

#### THE CYCLICAL EDGE: WOMEN'S ENERGY OPTIMISATION

Women are not designed to function the same every day, & forcing ourselves to do so is a recipe for poor health & burnout. Learn how to harness the two "internal clocks" that govern female mood & energy, with strategies to align your tasks with cyclical energy shifts for better wellbeing, performance, and success.

- Length: 1 - 1.5 hours. Auditorium-style keynote + Q&A or workshop for up to 100 women. In-person or virtual.

WORKED WITH:



## CONTACT

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