

CORPORATE WELLBEING & WOMEN'S LEADERSHIP WORKSHOPS

Mindful movement practices for stress, burnout, and emotional resilience

WHAT I DO

I support organisations, teams, and women leaders to recover from stress and burnout through **mindful movement practices** that are **mental-health-aware and grounded in somatics**.

My work blends **mindful movement, nervous-system regulation, breathwork, and creative practices** to help people manage stress, improve focus, build emotional resilience, and feel more grounded at work.

Sessions are practical, embodied, and accessible.

No movement experience required.

WAYS WE CAN WORK TOGETHER

- **Team Wellbeing Workshops (60–90 mins)**

For wellbeing weeks, team away days, offsites, and culture initiatives

- **Women's Leadership & Resilience Workshops (60–90 mins)**

Supporting stress regulation, confidence, boundaries, and sustainable leadership

- **Half-day Leadership & Wellbeing Sessions**

Combining mindful movement, reflection, and integration for deeper reset

- **5-week Burnout Recovery Programmes**

Practice-based cohorts for individuals or organisations experiencing ongoing stress

WHO THIS IS FOR

- Corporate teams and HR / People & Culture leads
- Startups, founders, and small teams navigating pressure and growth
- Women's leadership and professional networks
- Entrepreneurs and self-employed professionals experiencing burnout

CORE WORKSHOP OUTCOMES

- Reduced stress and emotional overload
- Improved focus, presence, and clarity
- Greater team cohesion and psychological safety
- Practical nervous-system regulation tools employees can use daily
- Increased emotional resilience and subjective wellbeing

ABOUT THE FACILITATOR

Aditi Kaushiva, Founder of Move to Thrive, blends corporate banking and entrepreneurial experience with 15+ years of dance and somatic training.

A Certified Mental Health First Aider, she delivers inclusive, mental-health-aware mindful movement workshops, having facilitated sessions for Google Cloud, Creative Mornings, and Women's Environmental Network (WEN).

"The session was relaxing, grounding, and deeply joyful. I left feeling lighter and more connected."

— Programme Manager, The Bridge

"This course helped me feel grounded again. I now have simple tools I can return to, even on days when I have very little energy."

— Participant, Burnout Recovery Programme

If you're an HR or wellbeing lead, or a founder looking to invest in sustainable, embodied wellbeing, ***I'd love to connect.***

Book a free 30-minute discovery call:

calendly.com/kaushiva-aditi

Website: move-to-thrive.com

Instagram: [@move to thrive](https://www.instagram.com/move_to_thrive)