



CORPORATE WELLNESS &
WELLBEING EXPERIENCES

Mulberry Wellness

Wellness your team will
actually look forward to.

www.mulberrywellness.co.uk

JO TAYLOR | AMPHILL, BEDFORDSHIRE

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Mulberry Wellness delivers inclusive, uplifting corporate wellness days, talks, and workplace wellbeing experiences that support real people in real workplaces.

From energising team sessions to restorative wellbeing days, everything I deliver is designed to help your people feel valued, supported, and genuinely better in body, mind, and everyday work life.

Based in Ampthill, Bedfordshire, I work across Bedfordshire, Hertfordshire, Buckinghamshire, Milton Keynes, Cambridgeshire, Northamptonshire and London.

TRUSTED, EXPERIENCED WELLBEING
PARTNER FOR YOUR WORKPLACE

Welcome!
I'm Jo Taylor and
i'm so glad you are here!

A proud wellbeing facilitator, corporate wellness specialist, and yoga and pilates teacher with 30 years experience in the wellness and fitness industry.

Throughout my career, my focus has always been simple: helping people feel stronger, calmer, and more supported in everyday life.

My own experience recovering from breast cancer enhanced my perspective on health, resilience, and what it truly means to feel well. It reminded me that wellbeing isn't a luxury, it's something we all deserve to experience and protect.

That lived experience now shapes everything I offer.

When I work with your organisation, I bring not just professional expertise but genuine empathy, warmth, and understanding of real life.



Mulberry Wellness

I'm proud to be known for creating wellness experiences that are:



Inclusive and accessible



Uplifting and engaging



Practical and down-to-earth



Positive, warm, and supportive

TAILORED, CORPORATE WELLNESS DAYS,
TALKS & EVENTS

What I can offer *your* workplace...

I deliver bespoke workplace wellbeing experiences designed around your people, your goals, and your workplace culture.

Whether you're planning a full wellbeing day, a short talk, or an interactive team session, everything is tailored to suit your team and the energy in the room.

I offer sessions ranging from one hour to full-day experiences, with all equipment provided.

The goal is simple: to help your team *feel better* in a way that fits *real working life*.



Each session is tailored but may include:

- Workplace and home-life wellbeing balance
- Posture and desk-based mobility support
- Stress management and resilience tools
- Mindful nutrition and hydration guidance
- Gentle movement and stretch sessions
- Breath work and mindfulness
- Positive team connection and engagement

Optional additions can include:

- Wellness goodie bags
- Retreat-style workplace days
- Shinrin-yoku (which translates to forest bathing)
- Guided journalling
- Specialist and expert collaboration sessions including: Sound therapy (sound bowls), photography therapy, nutritionist gut health specialists.

The impact you can expect

When I work with your organisation, you can expect:

- ✓ Energised, uplifted teams
- ✓ Stronger connection and morale
- ✓ Employees who feel valued and supported
- ✓ Practical tools your team can use daily
- ✓ Wellness sessions people genuinely look forward to

My approach is always practical, inclusive, engaging, light hearted, feel good fun.



Just some of the *organisations* & *teams* i've worked with...

Clients i've supported

- NHS teams
- Corporate offices and small businesses
- Disability support groups
- Community organisations and charities
- Care and residential homes

Every experience is tailored to the people in the room.

Good to know...

Do we need to provide equipment?

Very little. Most sessions simply require a meeting room or open space. I bring anything else needed.

Is this suitable for all abilities?

Yes. My sessions are inclusive and accessible, with options for all ages and abilities. I pride myself on my emotional intelligence, reading the room and adapting to suit.

Where do you travel?

I'm based in Ampthill, Bedfordshire and work across a 50-mile radius including London, Hertfordshire, Buckinghamshire, Milton Keynes, Cambridgeshire and Northamptonshire.

What does it cost?

I provide bespoke quotes based on location, requirements, duration, and group size.



Kind words...

“Inclusive, engaging and something our team genuinely looked forward to.”

THE DISABILITY CENTRE

“A resounding success – colleagues left feeling energised, uplifted and inspired.”

THE PERFUME SHOP HEAD OFFICE

“A thoughtful and uplifting experience that made a real difference to our staff.”

LUTON & DUNSTABLE AND BEDFORD HOSPITAL



LET'S CREATE A WELLNESS
EXPERIENCE YOUR TEAM WILL LOVE

Mulberry Wellness

If you're looking for meaningful,
uplifting workplace wellbeing,
that your team will *genuinely value*,
I'd love to hear from you.

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