

calm fest



Proudly sponsored by



Join us for a week long festival of events, activities and challenges during Mental Health Awareness Week, raising funds for Mind.

Your organisation or team will have unlimited access to all events, challenges and competitions with the option to make a voluntary donation to Mind

Book your sessions from 8th April

13th - 17th May

We'll be hosting sessions on everything from sleep to back pain, nutrition to neurodiversity.

(Including daily 1% CALMer challenges)

Monday
13th May

Tuesday
14th May

Wednesday
15th May

Thursday
16th May

Friday
17th May

9.30am

Join the dots between stress, energy and nutrition with Naturopathic Nutritionist, Emma Rowett

9.30am

Managing your menopause mind with My Menopause Centre

9.30am

What do we need to know about Neurodiversity? with Neuroinclusive HR

9.30am

Managing money anxieties with Financial Education Specialist, Matt Cullen

9.30am

Support for better sleep with The Sleep Charity

12.45pm

CALM mini masterclass - Connect with me - with Sarah Markham

12.45pm

CALM mini masterclass - All of Me Matters - with Sarah Markham

12.45pm

CALM mini masterclass - Let Me Rest - with Sarah Markham

12.45pm

CALM mini masterclass - Motivate Me - with Sarah Markham

12.45pm

1% CALMer ideas and inspiration - CALMfest community

4.30pm

Stretch and relax with yoga for all levels with The Breathing Space

4.30pm

Slow Down in 30 with Mindfulness expert Cheryl Finch

4.30pm

Reset with some chair based pilates with Pilates At Your Desk

4.30pm

Why the gut is the second brain with Gut Health and Nutrition Expert, Karen Newby

All sessions are 30 minutes on Zoom

Book your sessions here



Follow Calm In A Box on LinkedIn for regular updates before and during CALMfest.

Book onto sessions via the CALMfest landing page - scan the QR code for easy access. Session links will be emailed directly to you one week before CALMfest with recordings available for playback for up to 7 days.

www.calminabox.co.uk/calmfestlandingpage

CALMFEST 2023 FEEDBACK

Over 1000 sessions booked with people taking part from across 26 organisations

Net promoter score of 71

89% feeling 1% CALMer as a result of taking part in CALMfest

'Brilliant - such good information and easy to adapt to your context'

'The presenters have been wonderful'