

The Little Packet

Workplace Wellbeing
That Actually Works

Nat Creasy



WHAT YOU GET WHEN YOU WORK WITH ME

Let's be honest, **most**
workplace wellbeing
sessions **go** something
like **this**:

- Log in.
- Zone out.
- Collect a worksheet.
- Forget it ever happened.

That's not what
happens with me.

Here is what I
make sure your
people get:

Instead, your people get:

♥ Science that finally makes sense
No jargon. No waffle.
No neuroscience degree required.

♥ Tools they'll use
Before the next meeting
Next month too

♥ A room full of
people saying:
"Oh wow... that's me."

♥ Permission to be human
To yawn.
To breathe.
To stop pretending you're fine.

Your people leave with:

- ♥ The Yawn
- ♥ The Horse Breath
- ♥ The Shoulder Drop
- ♥ The Door Handle
- ♥ The Quick + Dirty Release

♥ Real shifts in real time
Not more information.
A different state.

And somewhere between the laughter, the learning
and the lightbulb moments they realise:
"Ohhhhhh... that's what's been going on."

This isn't beige wellness.

It's **practical**, memorable and **designed** for humans **who look fine but feel fried**.

WHY THIS MATTERS



We teach people how to do their jobs.

We teach them systems. Processes. Targets. Technology.

But we **rarely** teach them how to **understand** the **Human Being** bit.

How stress works. How energy levels work.

How to spot the whispers before they become the shouts.

How to recognise when their shoulders have moved in with their ears.

How to notice they've been running on autopilot for three weeks.

Small shifts.
Daily habits.
Real life.

Yet this stuff affects everything

How people think. How they communicate. How they lead. How they perform.

How they feel about coming to work on a Monday morning.

I believe understanding how being human works
is as important as understanding how to do your job.

Because **when people understand themselves** better, **work works better.**

They spot stress earlier, think more clearly and communicate better. Teams work better. Cultures become healthier. Leaders make better decisions. And the support you offer becomes something your people can actually feel.

This isn't information for the sake of information. It's learning people can actually use.

It's about **creating workplaces** where **human beings** can thrive.

Because we're human beings, not human doings.

And if we're serious about helping people perform at their best...
isn't it about time we gave them the user manual?

Stress sneaks in
before it shouts

Nat's Menu

Nervous System-Led Support for Humans Who Look Fine But Feel Fried

For Humans Who've Had Enough of Fluff

KEY NOTES + EXPERIENCES

That Are More 'Aha!' Than Snore Bore - These aren't talks. These are **truth bombs** with **humour**, and they're packed with **actual tools** people **use that day**.

Most Booked Keynotes

- ♥ Energy Thieves: Why You're Tired Before the Day Even Starts
- ♥ Stress Sneaks In: Catch It Before It Catches You
- ♥ Taming Your Inner Frenemy: Making Friends with Your Mind
- ♥ The Sleep Connection: Why Sleep Apps aren't the Answer (But This Is)
- ♥ Flow Over Hustle: Your Nervous System as a Superpower
- ♥ Mental Health Isn't a Checklist: Start the Real Conversation



DIGITAL SNACKS FOR THE SCROLLERS

Think of this as **Nervous System Netflix**: short, useful and ready when you are.



All can be run as one-offs, themed series, or recorded to keep the magic.

WORDS THAT LAND: Blog Posts for the Modern Bookworm

Sample of Content

- ♥ Mental Health Isn't a Tick-Box, It's a Sliding Scale
- ♥ The Frenemy Voice in Your Head + How to Shut It Up
- ♥ Work-Life Balance is a Lie, Try This Instead
- ♥ How Nature Regulates You Without You Noticing
- ♥ Exhausted But Wired? Welcome to the Nervous System Circus

QUICK HITS: 2-Min Nervous System Video Drops

For internal platforms, digital libraries, or emails people actually open

Sample of Content

- ♥ Why You're Snapping at the Dog (It's Not Just Stress)
- ♥ Your Brain's a Drama Queen, Let's Calm It Down
- ♥ Are You Breathing? A Practice for Breath Holders
- ♥ Bed Yoga Isn't Lazy, It's Genius
- ♥ The Sneaky Start of Burnout + How to Catch It Early



WANT TO CREATE MAGIC TOGETHER?

I bring the science, the stories and the tools. You bring your people.

Let's co-create something unforgettable.

Something people don't just learn from...they actually use.

MEET NAT

A few things you should know before we work together

♥ I've sat on **both sides of the table**.
I spent years as an HR Director before burnout put me on the other side of the conversation.

♥ I'm a **professional pattern spotter**. I notice things most people miss.

♥ I **translate science** into **real life**, so you don't need a neuroscience degree to understand yourself.

♥ I understand what organisations need from their people **AND** what being one of those people actually feels like.

♥ I believe stress sneaks in long before it shouts.

♥ If your shoulders have moved in with your ears, it's time for us to have a natter.

♥ I genuinely **love it** when people **yawn in my face**.
It means the good stuff is happening!

♥ I believe **understanding** how "**being human**" works is just **as important** as understanding **how to do your job**.

♥ **Tea. Biscuits. A proper natter.**
Three things I highly recommend

♥ I think learning should be useful, memorable and full of laughter.
(There's a heap of science behind that, too!)

♥ And yes...

I really do teach nervous system regulation like it's the user manual to being human.
Because it is.

LET'S COLLABORATE

Not sure exactly what you need yet?
No worries, I got you!

♥ Some people
start with a keynote.

♥ Some want a workshop
or learning series.

♥ Some simply know their
people need something different.

♥ Some are looking for
ongoing content and campaigns.



The first step is always a conversation.

We'll talk about your people, your goals and what success looks like for you.

If I'm the **right fit**,
I'll put something **deliciously** wonderful **together**.
If I'm not, I'll tell you.

No pressure.
No awkward sales pitch.

Just a cuppa and a natter about what your people need.

Let's see what we can create together.

 Book a Call: <https://cal.com/nat-creasy/the-little-packet>

 Email Me: natalie@littlesoulshack.com