



Healthy Spirit

Developing personal resilience and nurturing inner growth

Modern life challenges us in many ways – emotionally, mentally, and spiritually. Our Spirit classes help participants develop inner strength, cultivate optimism, and discover new tools for personal growth.

- Adopting a growth and learning mindset
- Community engagement and volunteering
- Creative expression through arts and crafts
- Cultivating courage and perseverance
- Deepening inner development and self-awareness
- Leading systems change and purpose-driven leadership
- Managing stress and building resilience
- Visioning, clear communication, and mindful dialogue



Our offer for Impact Clients

- We begin by understanding the kind of coaching that will best support your team’s wellbeing.
- We carefully match you with coaches to design and deliver a customised programme.
- We secure private sponsors to cover up to 50% of your programme’s delivery costs.
- We support you with communications and provide simple online registration and reporting.
- We offer sessions in the workplace, outdoors, online or hybrid – whatever suits your team.
- Each programme ends with feedback and reflection sessions to learn and grow together.

Your Coaching Journey

Discovery & Visioning

Exploration meetings
 Sample coaching sessions
 Defining target goals and dates

Planning

Identifying sponsors
 Contracting and funding support
 Communication and programme launch

Delivery

Weekly or bi-weekly sessions
 Streamlined invoicing

Review

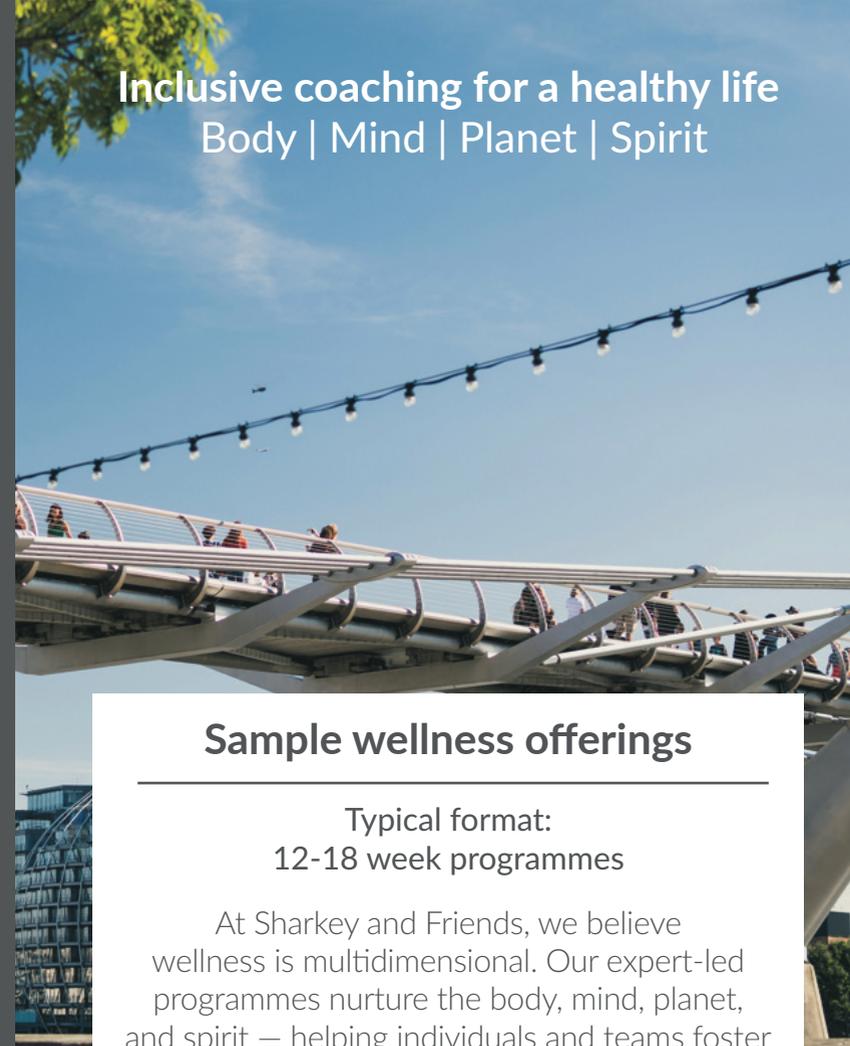
Programme reflection
 Continuous refinement

Contact Us

- sharkeyandfriends.net
- Sharkey and Friends
- @sharkeyandfriends



Inclusive coaching for a healthy life Body | Mind | Planet | Spirit



Sample wellness offerings

Typical format:
 12-18 week programmes

At Sharkey and Friends, we believe wellness is multidimensional. Our expert-led programmes nurture the body, mind, planet, and spirit – helping individuals and teams foster balance, resilience, and sustainable wellbeing.

Each programme can be tailored to meet your team’s specific needs, whether within one or across multiple focus areas.

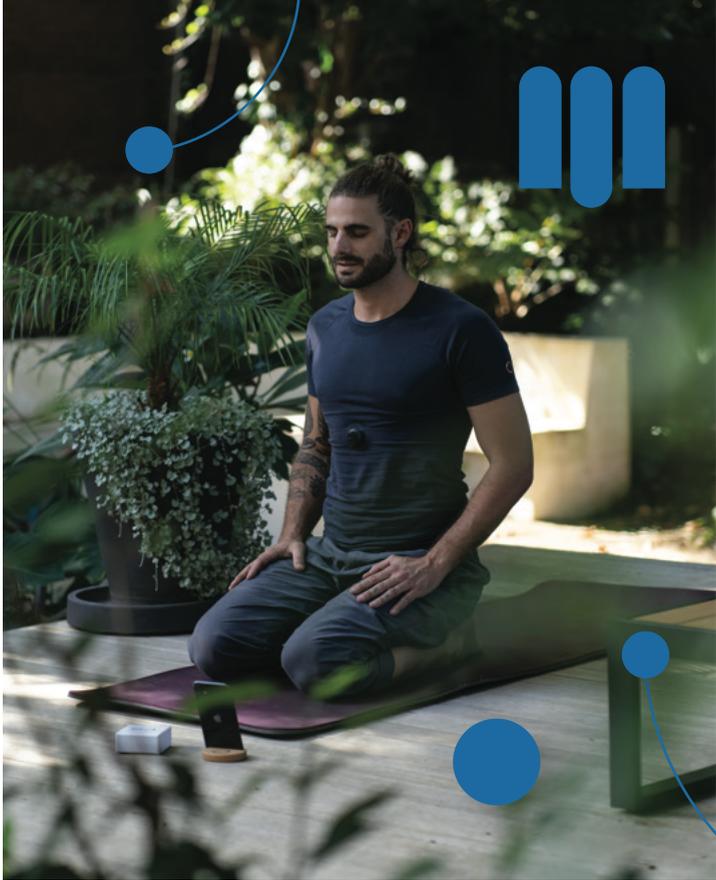


Healthy Body

Building strength, mobility, and confidence through movement

Our Body classes combine expert physical training with accessible techniques that help participants improve strength, balance, posture, and vitality – supporting long-term physical health and preventing injury.

- Biomechanics and functional body awareness
- Boxing: fitness, stress relief, and self-confidence
- Cardiovascular health coaching for endurance
- Functional movement and core stability training
- Mat Pilates for posture, balance, and flexibility
- Nutrition and juicing for energy and wellness
- Tai Chi and Wushu: graceful movement and balance
- Yoga and Yin Yoga for flexibility and deep relaxation



Healthy Mind

Finding stillness, clarity, and emotional balance in a busy world

A calm, focused mind is essential for navigating complexity. Our Mind classes offer practical techniques to foster mental clarity, emotional regulation, and inner peace – even in fast-paced urban environments.

- Breathwork and conscious breathing
- Guided meditation and mindfulness
- Focus and concentration training
- Forest bathing and connecting with nature
- Practicing gratitude and positive reframing
- Support for Long-Covid recovery and mental fatigue
- Visualization techniques for focus and healing
- Yoga Nidra: deep relaxation for nervous system restoration



Healthy Planet

Sustainable living habits for personal and planetary wellbeing

Our Planet classes help participants adopt simple, practical habits to live more sustainably, reduce environmental impacts, and foster healthier lifestyles that benefit both individuals and their communities.

- DIY natural health and beauty
- Eco-friendly household cleaning
- Guided urban hikes and city nature walks
- Home energy management for lower carbon footprints
- Making and mending clothing and textiles
- Plant-based nutrition and sustainable cooking
- Plastic-free living strategies and resources
- Urban agriculture and small-space gardening



We work to promote healthy living among all Londoners.