



RAINFORD HALL

— **stepstogether**[®] —
RESET • REFRAME • RECOVER

FEELING BURNT OUT?

Your journey to a more balanced life starts here

In today's demanding world, stress, anxiety, and burnout have become all too common. The Wellbeing Reset Programme from Steps Together offers a personalised 7-14 day therapeutic experience designed to restore balance and clarity to your life.

UK WORKPLACE BURNOUT: WHY IT MATTERS

Around **40%** of UK employees say work is a significant source of stress
(Health and Safety Executive)

Work-related stress accounts for **over half** of all work-related ill health cases in the UK
(HSE)

Stress-related absence costs UK workplaces around **£10 billion** annually
(Centre for Mental Health)



1 in 5 UK workers feel burned out often or always
(Mental Health Foundation)



What is the RESET Programme?

A short-stay programme focused on:

- ✓ Rebuilding physical, emotional & mental wellbeing
- ✓ Addressing the causes of life stress, anxiety & imbalance
- ✓ Creating sustainable healthy routines & mindset shifts

Key Benefits:

- ✓ Reduced stress & anxiety
- ✓ Improved sleep & physical health
- ✓ Enhanced mental wellbeing
- ✓ Greater clarity & emotional resilience

Includes:

- ✓ Personalised care plan
- ✓ 1:1 therapy & support sessions
- ✓ Psycho-educational workshops
- ✓ DBT & mindfulness group work
- ✓ Gym & PT sessions
- ✓ Access to sauna & steam room
- ✓ Time for reflection & recovery

Ideal for individuals experiencing:

- ✓ Work-related burnout & overwhelm
- ✓ Life stress & relationship difficulties
- ✓ Low mood or mild anxiety



Please note:

This programme is not suitable for individuals requiring detox, addiction treatment, or those with severe or untreated mental health needs.

Location:

Delivered at the serene Rainford Hall in Merseyside – a private, tranquil setting ideal for healing, growth, and rejuvenation.



CLIENT TESTIMONIAL

Rainford Hall saved my life... I can now live my life to the full, my old 'me' is back. ~ Christopher



Ready to Reset?



Speak to one of our expert advisors today.

0330 175 7031

www.stepstogether.co.uk

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