



Sound Healing

with

Rachel Whiteman



WORKPLACE WELLNESS

Create happy, healthy and high functioning work environments

In recent years there has been significant research, see links listed below, in the areas of understanding the role of sound healing in restoring balance to your mind, body and soul and stress management. Investment in staff wellbeing is now seen by many organisations as not just a key employee engagement and retention strategy but also an enterprise risk management imperative. My workplace wellness sound healings offer a unique way to develop connection and positive energy in the workplace.

As an employer you may recognise the importance of positive mental health and wellbeing amongst your employees. If you are seeing an increase in sick or mental health days, incorporating sound healing into your workplace wellness program can help your staff and increase confidence of your managers and leadership team, to foster a safe, resilient, productive and thriving workplace.

Having worked for over 30 years in a corporate environment myself, I understand that there is an increased focus and growing expectations around the search for purpose and meaning at work.

I help create happy, healthy and high functioning work environments by offering in house individual and group sound healings that support physical, mental and spiritual health.



Rachel Whiteman

Diploma Integral Sound Healing
GAICD

Sound Healing can help with:

- team bonding
- stress reduction
- anxiety
- pain
- insomnia & disturbed sleep
- stress

It can also bring about:

- team building & communication
- better quality sleep
- improved memory
- enhanced productivity
- stronger immune system
- improved creativity

"Rachel's sound healing session was the perfect end to our two day team strategy session – we were all a bit drained after two such full days of team planning, and the sound healing gave us all a chance to replenish and relax before signing off for the end of the session. Rachel is extremely professional and made everyone feel very comfortable – I can't recommend her enough. Thanks Rachel!!"

Rebecca Alston, Unit Manager, Community Relations
Gold Fields Mining Company

All Google Reviews can be found [here](#)

SOUND HEALING FOR WORKPLACE WELLNESS

How it Works:

Consultation: Reach out to us for a consultation. Share your preferences, the nature of your requirements, and any special requests.

Customisation: We tailor the sound healing program to align with your goals and the outcomes you envision. We offer individual workshop and events, weekly, fortnightly, monthly, quarterly and one off sound healing sessions.

Set-Up: Our professional team arrives at your location with all the necessary equipment, creating a serene setting for your wellness offering. Your staff can simply attend, lay down and receive a deeply relaxing sound healing, leaving them refreshed and balanced.

Guided Journey: Immerse yourself and your staff in a harmonious journey of sound, guided meditations and deep relaxation for all attendees.

Relax and Enjoy: Let the soothing sounds wash over you as you relax and enjoy a unique, immersive experience in the comfort of your own space.

Workplace wellness solutions provided for:



The Partners of Veterans
Association of Australia Inc



Call Today

Book a program:

Rachel Whiteman 0415 186 462 or
rachel@rachelwhiteman.com.au

www.rachelwhiteman.com.au/workplacewellness

Links:

- [Sage Journals: Effects of Singing, Bowl Sound Meditation on Mood, Tension, and Well-being: An Observational Study](#)
- [The Healing Power of Sound as Meditation](#)
- [Eastern Integrative Medicine and Ancient Sound Healing Treatments for Stress: Recent Research Advances](#)
- [ABC Listen - The science behind sound baths](#)

