

PlayWell

BRING PLAY TO
THE EVERYDAY

ABOUT US

At PlayWell we believe that positive, joyful and supportive environments create stronger, happier and healthier cultures.

We work with everyone from local communities to global companies to support their networks and teach them how to look after their Mental Wellbeing. Our focus is keeping people well through playful and engaging programs.



WHY
WE DO IT

**POOR MENTAL HEALTH
IS RESPONSIBLE FOR
72 MILLION
WORKING DAYS LOST, COSTING**

**£34.9
BILLION
EACH YEAR**

**PRESENTEEISM
ACCOUNTS FOR
2 TIMES
MORE
LOSSES
THAN ABSENCES**

**300,000
PEOPLE
WITH A LONG-TERM MENTAL
HEALTH CONDITION
LOSE THEIR
JOBS EVERY
YEAR**

**ONLY 16%
OF EMPLOYEES WITH A
MENTAL HEALTH CONDITION
DISCLOSE IT
TO THEIR LINE
MANAGER**

**UP TO
75%
OF PEOPLE WITH
DIAGNOSABLE
MENTAL ILLNESS
RECEIVE NO TREATMENT AT ALL**

**1 IN 6
WORKERS
WILL EXPERIENCE
DEPRESSION,
ANXIETY OR
PROBLEMS RELATING
TO STRESS
AT ANY ONE TIME**



HOW

WE DO IT

HOW WE DO IT

We believe that play is vital at any age; it encourages positivity, teaches us flexibility and keeps us curious. At PlayWell, we use it as the basis for all our work; through workshops, theatre performances, talks and campaigns.

We partner alongside psychologists and Mental Health professionals who have long recognized the healing powers of play. For many years, there has been a widening belief that it is not a trivial or childish pursuit but rather a prime pillar of positive mental wellbeing and at PlayWell, we are passionate about celebrating this.

We believe play enables us to look at problems with fresh eyes, develop trust and grow our collective confidence. Play teaches us that nothing is fixed and that everything is full of potential.

After working with us, participants head back into the world with the techniques they can use to bring a bit of joy into everyday life.

Once you can PlayWell, living and working well will quickly follow.

**"Play energises us and enlivens us.
It eases our burdens. It renews
our natural sense of optimism
and opens us."**

DR STUART BROWN

WORKSHOPS by PlayWell

Our workshops are joyful, interactive and delivered with personality. We help teams improve their culture and create environments that will better support their wellbeing.

We use playful techniques to develop a more person-centred society to keep communities thriving and to allow learning, connection and growth.

THE SHARED-PLAY METHOD

Using fun and accessible exercises and games developed from principles of theatrical improvisation and clowning, we create a supportive and productive environment to build confidence, encourage self-reflection and teach techniques to support the wellbeing of others.

DELIVERABLES

Participants will learn how to collaborate better, communicate clearer and enjoy connecting more positively. We explore how using empathy can build stronger relationships and harnessing curiosity can break routine. How to improve emotional intelligence, how to get outside of comfort zones and be present in the moment. Our workshops also offer support by effectively signposting those in need to the relevant help and networks available.

By bringing play into every day, we hope you will learn how to find and keep pleasure in your work and life.

FOCUS POINTS

- Owning your Individuality
- Thinking on your Feet
- Investing in your relationships with each other
- Support our own and others vulnerabilities.

DURATION 60mins, 120mins, 180mins

RECOMMENDED CAPACITY 25 people

SURPRISE!

LAUREN SILVER

'SILVER IS A FRANTIC,
FUZZY PRESENCE
WITH A WARM WIT'
THE STAGE



LONDON THEATRE 1



THEATRE BUBBLE



'HER RAPPORT WITH
THE AUDIENCE IS
TREMENDOUS FUN'
BRITISH THEATRE GUIDE



WHATS ON LONDON



FRINGE GURU

PRODUCTIONS by PlayWell

SURPRISE!

How does a woman with social and anticipation anxiety enjoy a surprise party?

SURPRISE! is an interactive clown show that looks at how together we can confront anxiety, overcome fear, and find freedom through laughter.

Actor, clown and jolly anxious theatre-maker Lauren invites you to a show packed full of party games and hopefully no panic attacks!

TRAILER bit.ly/SURPRISE_Show

★★★★★ **THEATRE BUBBLE**

"Hugely empowering and deeply, deeply funny"

★★★★★ **LONDON THEATRE 1**

"SURPRISE! is getting five stars, for Silver's sheer bravery, brilliance, likeability"

★★★★★ **THE PLAY'S THE THING**

"Absolutely stunning work that totally takes you by surprise!"

★★★★★ **A PINT AND A PLAY**

"You'd be a fool not to see it"

★★★★★ **FRINGE GURU**

"Silver floats along on a bubbly cloud of sheer likeability"

★★★★★ **WHATS ON LONDON**

"Lauren utilises her Gaulier-trained clowning and improv skills to perfection"

Developed with

everyman
& PLAYHOUSE

Supported by



Additional support from





HOW DO WE BRING PLAY INTO OUR EVERYDAY?

Here, jolly-anxious clown Lauren shares techniques of how using play can encourage and promote positive wellbeing and what we as individuals and as organisations can do to support each other.

Drawing upon her own experience of poor mental health and her extensive experience working in performance, Lauren deals with this topic with charm, compassion and sensitivity.

DURATION 60mins

RECOMMENDED CAPACITY Flexible



THE QUIET ROOM

To restore a bit of mental and physical energy sapped by the daily grind, we are working with communities and organisations to develop The Quiet Room to escape into a brief, restorative oasis of peace and solitude.

A multi-purpose space that works as relief from stress and over-stimulation; for when the world is moving a bit too fast, and you need to take some time out to relax and recharge.



WHAT PEOPLE SAY

"We walked away with new ways to work together that will stick with us"

**ARAN POTKIN
BRAND CONSULTANCY MANAGING PARTNER**

"Lauren was devoted to the success of the event. Her engaging, cheerful manner and the quality of her work impressed. She was a pleasure to work with and enthusiastic from start to finish"

**ALICE BEAGLEY
MUSEUM EVENTS ORGANISER**

"Inspiring, hilarious and richly rewarding. If you are looking for a tangible impact that improves and supports the wellbeing within your team, I would definitely recommend working with PlayWell."

**PIERRE P. PATON
SAATCHI AND SAATCHI**

"The perfect place for a room full of us grown-ups to express ourselves"

**DAVID BRYER
PRODUCER**

WHAT PEOPLE SAY

"It was such a pleasure to have Lauren come and lead a workshop at Career Curious. When bringing together a group of women to network, it's fairly easy to get people talking, but less easy to get them to deeply engage with one another. Lauren had us singing together and laughing riotously whilst also practicing important creative skills.

We'd definitely invite her back and would recommend her workshops to anyone looking to get a team working together well and exploring their creativity more openly."

LIZ SEABROOK
CO-FOUNDER, CAREER CURIOUS

"Lauren offered to run a PlayWell workshop for a diverse group of experienced freelancers, independent consultants and business owners, many meeting for the first time. As seasoned professionals, we've all probably done the Away Day Thing on many occasions throughout our careers and formed certain assumptions on how these things go.

Lauren's credible, refreshing and engaging style made an immediate positive impression on the group. Great ice-breakers and a seamless series of fun and supportive activities to encourage the group to mix, remix, encourage empathy, share and work together differently. Playful, without being foolish. This was all achieved in less than three hours, with minimal set-up and left participants keen for more and feeling very energised.

I'd highly recommend Lauren to help you facilitate a wellbeing and team working event with an existing team or to get a more disparate group working together effectively."

KATE MCGHEE
MANAGING DIRECTOR, EMBOLD LONDON

CLIENTS INCLUDE



SAATCHI & SAATCHI





LAUREN SILVER Founder of PlayWell

Originally from Liverpool, Lauren is an award-winning actor, jolly-anxious clown and facilitator. She makes work that is charming, joyful, and that gets to the heart of who we are as people.

Lauren is an expert in cultivating confidence in others. Through her career, she's uncovered a convertible toolkit of expertise in purposeful play which she brings to facilitating within communities and leading corporate teams, and has an unparalleled knack for unlocking potential in people.

Having personally experienced the challenges that surround ill-mental health. Lauren is passionate about helping people support each other better – for everyone's mental wellbeing.

She has played in national & international venues including London's Vaudeville Theatre, Sydney Opera House and the Hong Kong Academy of Performing Arts. She is a Mental Health Campaigner, a member of the Speakers Collective and a Mental Health First Aider.



LIVE
WELL PLAY
WELL

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