

# **WORKSHOPS** **by PlayWell**

**THE SHARED PLAY METHOD**

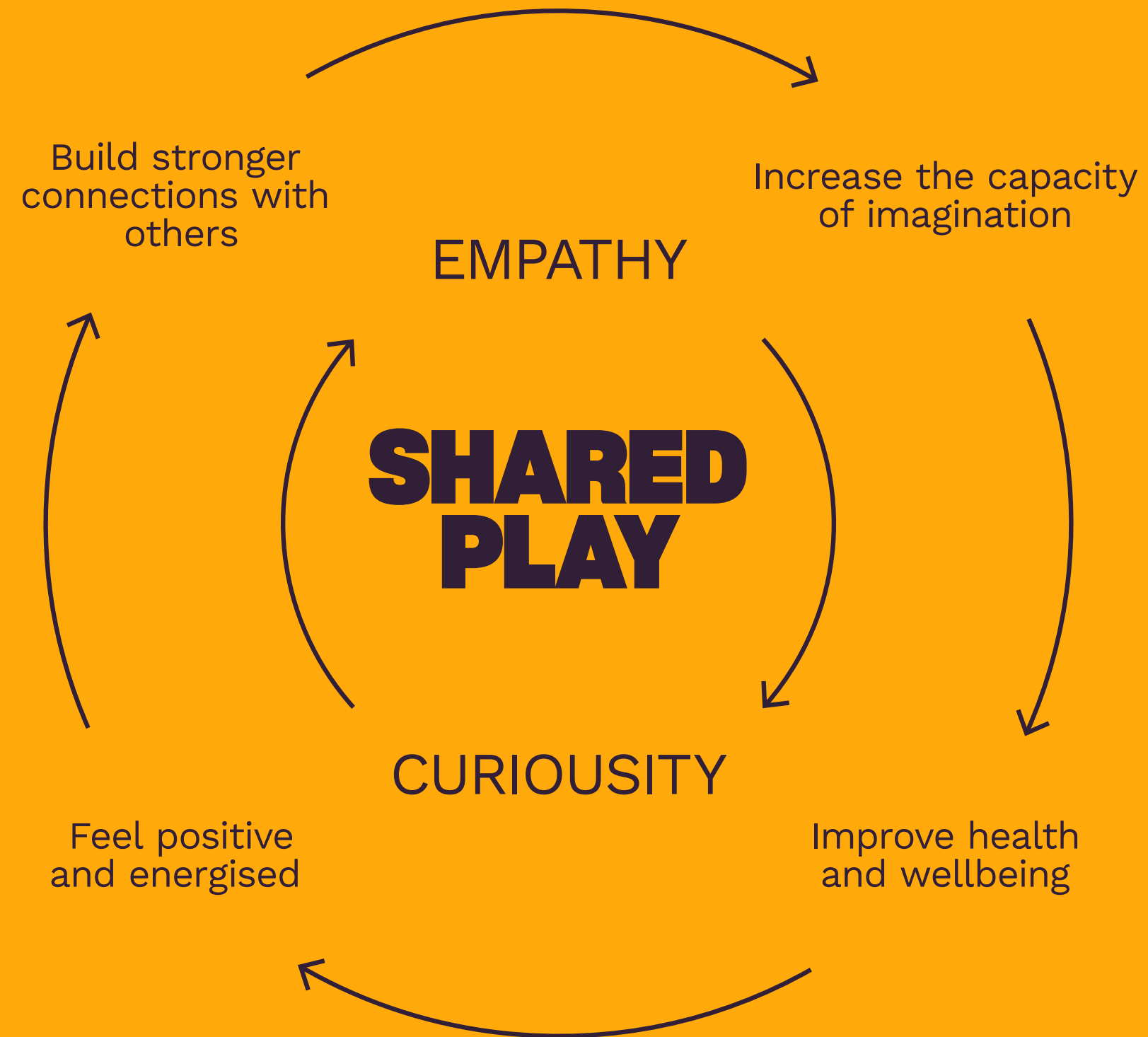
## **WHO WE ARE**

We work with people from local communities to global companies to support and promote positive health and wellbeing. Our focus is keeping people well through playful and engaging programmes.

# WORKSHOPS: THE SHARED PLAY METHOD

Our workshops are joyful, interactive and delivered with personality. We help communities, clients and individuals improve their culture, boost energy levels and be creative, all whilst learning how to better support their wellbeing.

At PlayWell, 'Shared Play' is our method of working. We use it to develop a more person-centered approach based on our core focus of curiosity and empathy.



# WORKSHOPS: 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 that builds confidence, encourage creative thinking and teach techniques to support not just one's own wellbeing, but also the wellbeing of others.

## WHAT YOU'LL GET

- How to make positive collaborations
- How empathy builds strong connections
- How curiosity breaks routines
- Develop and improve emotional intelligence
- Techniques to break out of comfort zones
- How to be present in the moment

Our workshops also offer support by effectively signposting those in need to the relevant help and networks available.



# CLIENTS INCLUDE

"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**

"Lauren worked with a mixed group of senior peer mentors helping them understand different aspects of mental health, spotting signs and symptoms amongst their peers and younger pupils. Case studies and scenarios were sensitively discussed and what if...? solutions debated, they then were given signposting advice and support to ensure they'd all gained a tremendous amount of confidence and practical skills from the session"

**HELEN KEEVIL, ASSISTANT HEAD: PUPIL WELFARE**  
**EPSOM COLLEGE**



SAATCHI & SAATCHI





**LAUREN SILVER** Founder of PlayWell

Lauren is an award-winning actor, a jolly-anxious clown and experienced facilitator who creates work that is charming, joyful and gets to the heart of who we are as people. She is a Mental Health Campaigner a qualified Mental Health First Aider and an Ambassador of Hope for the Liverpool-based charity Chasing the Stigma.

She is the creator and performer of SURPRISE! - a 'theatrical campaign' that encourages conversations to promote Mental Wellbeing in our everyday. SURPRISE! is supported by the Arts Council and Liverpool Everyman/ Playhouse and will be touring in 2021.

Having experienced first-hand the challenges that surround ill-mental health; she has made it her mission to help people care for each other better - for everyone's mental wellbeing.

**THANK YOU**

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