

Carers Thriving Matters

Navigating full-time employment with caregiving responsibilities is particularly challenging, with all the complexities and emotional challenges that come with caregiving. This session assists employees with managing difficult emotions and cultivating self-care practices that foster joy and resilience. The support includes practical strategies, tools and techniques aimed at preventing burnout and nurturing self-care without guilt, empowering carers to thrive both at work and in their caregiving responsibilities.

Session Outline

- Creating a safe environment
- EFT Tapping
- Bringing the body into a state of homeostasis, promoting calm, safety
- Active Breathwork
- Guided Visualisation
- Action steps to support well-being and apply into daily lives.

Session Includes

- A safe and confidential space for carers to share how they feel
- Exploring how emotions impact our behaviour and physiology
- A PDF guide on EFT tapping techniques

Facilitator: Silvia Freeman



Silvia is a Qualified Wellbeing Facilitator and Consultant specialising in Emotional Wellbeing. With 11 years of experience at Network Rail as a Health & Wellbeing Specialist, she oversaw the implementation of effective health and wellbeing strategies and provided wellbeing support to employees.

Silvia is qualified in various modalities, including NLP Master Practitioner, EFT Practitioner, Breathwork Facilitator, MHFA and Behavioural Culture Management. She is the creator of the CCC Method, which is a compassionate approach to wellbeing. Her strength lies in leading workshops focused on stress, anxiety and emotional regulation, aiming to optimise overall employees wellbeing.