



MOVEMENT AND WELLNESS COACH

SOPHIE PLATO

www.sophieplatoreset.com

PROACTIVE WHOLE SCHOOL RES^eT™

Join Sophie for a 60-minute session on practical strategies to adapt to stress and anxiety, regulate emotions, and fortify mental resilience.

The RESeT Initiative believes that your health influences every aspect of your life: every relationship you have, every piece of work you do, and every interaction with the world around you.

"Everything is important until you are sick. Then you realise there was only ever one thing that was important:
Your HEALTH"

Experience a forward-thinking, proactive healthcare approach benefiting both you and your children by learning simple, practical ways to RESeT both your body and mind at work, school, and home.

Our mission is to inspire and support simple, consistent daily practices that cultivate resilient, joyful, and productive minds and bodies in all environments —work, home, and school.

Sophie's sixty-minute one-to-one sessions will provide your school community with a renewed sense of agency over their physical well-being, more control over their energy levels and brain health, and a profound feeling of being cared for by you.

Droxford Junior School

Monday 1st July

6 - 7pm

Free event

