



Are you looking to improve your mental wellbeing?

Retune's one-hour workshop for up to 30 participants highlights the importance of using creative outlets such as music and the arts to boost mental health and wellbeing.

Through writing, drawing, songwriting and open discussion, participants will learn about Retune's SCALES model (Sleep, Creative, Active, Listen, Earth, Social) and how they can use it to develop resilience and emotional harmony. Retune sets mental health in a musical context and offers a toolkit so that participants can measure their progress and discover what outlets work for them. Retune also creates a safe space to share experiences, offering a light-hearted and entertaining take on mental wellbeing, a welcome relief from traditional talks.

Creativity is anything we can lose ourselves in. In our ever more pressurised and frantic lifestyles, especially in a medical profession, it is vital to pause, check in and reflect, and make small adjustments when we drop 'out of tune'.

Participants will walk away with self-care strategies that they can implement in their daily lives. We all have a brain, we all have mental health, and we all need to look after ourselves.

Prices start from £250.

Sessions can be delivered on Wednesdays, Thursdays or Fridays. Please email hello@retunewellbeing.com for more information.



www.retunewellbeing.com

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✉ hello@retunewellbeing.com

Feedback from Year 12 lower sixth students:

"I thought the talk was very useful and thought provoking. It gave me a chance to learn different ways of getting round issues through music and other creative arts. I also thought that the size of the group helped a lot as it was engaging and easy to get involved." – Louis

"I really enjoyed the talk and the integration of the music made it really engaging. It gave me a new outlook. I think it will really benefit others to see this talk and promote the combination of creativity and good mental health." – Mia

"I thought the talk was a refreshing way to discuss mental health and a good break to the day. The Retune man was passionate yet also funny, getting his important message across." – Allan

"I greatly enjoyed the talk. It was very interesting and gave me an insight into mental health issues. It was funny, informative, and the music was very creative." – Tristan

"Being a music student, I found the talk particularly interesting and enlightening as I had never before explored the link between the creative arts and mental health. I believe the talk would benefit all year groups and think it is a necessity." – Guy

"It was very brave of him to talk about his experiences. I really liked how he structured the presentation, and he got his message across very well." – Hari

"I often feel patronised or talked down to when it comes to mental health sessions, but I felt spoken to on a very good and relatable level where I felt understood, and I was therefore willing to participate. It was inspiring." – Maddy

"We often forget how important balance is in our lives. The session was very informative but also enjoyable." – Josie H

"I found the talk very interesting, especially as he had gone through some of the problems himself." – Charles

"I particularly loved how open with his personal experiences he was, as it gave the talk a more meaningful, personal feel." – M

"I thought the workshop was very uplifting and fun but also not too serious. The experience as a whole was very beneficial and I would love to do it again." – Hannah

"I now understand how to better deal with problems." – Sofia H