

About us

Ardour Academy was founded in 2018 with a simple purpose: to improve the mental and physical wellbeing of individuals.

We deliver a holistic approach to well-being through our Mind, Body, and Soul programmes. These encompass services including counselling, stress-management and wellbeing courses, psycho-education podcasts, physical fitness, and community events. Ardour is designed to address the challenges posed by modern life, helping individuals and organisations realise the benefits to wellbeing, engagement, and productivity that comes from properly addressing physical and psychological health.

Sara Sirati, the founder of Ardour is an accredited counsellor by the British Association of Counselling and Psychotherapy and a clinical supervisor. As a diverse and inclusive organisation, our mission is to offer bespoke and expert-led programmes accessible and inclusive to all.

WHAT WE OFFER:

- Stress Management and Wellbeing Courses for employees;
- Conflict Management Courses for Mid/Senior Management;
- Group and Individual Supervision;
- Mindfulness Classes
- Well-being Physical Activities timetable including:
 - Fitness Programmes
 - Yoga
 - Dance and Physical Movement Classes
 - Tai Chi for Health.

Our general Wellbeing Programme welcomes individuals to access Counselling and Supervision alongside well as a range of fun physical fitness classes promoting mental and physical health. We also offer a tailored programme bespoke to your organisation to meet the specific requirements of your employees.

We wish you positive physical and mental health.

Ardour team



ARDOUR ACADEMY

Mind | Body | Soul

Mind

At Ardour our Mind programme seeks to make accessing mental straightforward, with easy-to-understand courses laid out for the comfort and benefit of all participants.

As part of this holistic approach to mental wellbeing we offer a variety of programmes designed to cater to everyone. From those who may be experiencing significant difficulties but don't know where to access services, to those who need variety and diversity added to their lives and routine. Programmes include:

- **Counselling Sessions:** Both in-person and an employee package via phone and video call.
- **Wellbeing Courses:** bespoke for your business. This may include: Stress Management, Managing Conflict, Public-Speaking Anxiety, and Team-Building Days.
- **COVID-19 Specific Courses:** Healthy Work/Life Balance, Managing Uncertainties, Staying Connected, Anxiety Management Strategies, Returning to "normal" Safely.
- **Mindfulness Courses:** Single workshops or 8-week courses with fully qualified practitioners, Tai Chi for Health courses.
- **Supervision:** Individual or Group supervision sessions are used to help employees work safely and effectively. Supervision is a specialised form of mentoring offering a supportive space to reflect and enhance performance.

If required, we provide assessment and feedback regarding the mental health positives and negatives, as well as any recommendations which may prove beneficial for your employees.





Body

Ardour strongly believes that a healthy mind and body work hand in hand, to ensure a happier, active life. Our physical fitness programmes have a positive impact on physical health, motivation levels, and body positivity – all draining and distracting factors in the modern world.

A sample of what we offer includes:

Wellbeing Classes:

- *Fitness Programmes;
- *Tai Chi;
- *Mindfulness Courses
- *Yoga.

Dance Classes:

- *Dance for over 50's;
- *Belly-dancing;
- *Salsa dancing.

COVID-19 Specific Programmes:

- *Home-based Stretch and Move Classes
- *Online Dance Classes
- *Chair Yoga

Our classes are specifically designed to promote body positivity, help employees connect with one another, and diversify their experiences to promote personal happiness and wellbeing. Sessions are delivered by highly trained and experienced practitioners. Custom timetables or courses can be arranged as required.



Soul

We have chosen the term 'Soul' to describe activities that help us connect as individuals, tackle isolation, and bring joy. This has included events and activities designed to promote positive mental health through dance, food, music and the Arts. We offer a space which houses a fully licensed bar, projector, and seating that has hosted:

- General Meetings;
- Company Social Events;
- Seminars and Workshops;
 - Team Building Days;
 - Coffee Mornings;
 - Charity Events;
- Online and In-House Activities including live music, dance, and performance



ARDOUR ACADEMY

Mind | Body | Soul

Where To find us

We are located on:
Wellfield Road,
Cardiff, South Wales
CF243PE.

Our programmes can be offered both from
our studio and off-site.

Website: ardouracademy.com

Facebook: [@ardouracademy](https://www.facebook.com/ardouracademy)

Instagram: [ardour.academy](https://www.instagram.com/ardour.academy)

Email: ardour.academy@gmail.com

Telephone: [07846086247](tel:07846086247)

Please get in touch with any services or
information you may need and we would
be happy to help.

Ardoour team