



Sixth Senses
aromatics

WELLBEING TALKS & WORKSHOPS

WORK WITH US TODAY!



Updated in Jan 2026

About The Founder/Trainer



Michelle Sim
Founder - Sixth Senses Aromatics

Michelle is a Certified Health & Wellbeing Coach (Duke Integrative Health) and the founder of Sixth Senses Aromatics. With over 15 years of experience in corporate marketing and a personal journey of healing from rheumatoid arthritis, Michelle combines science-backed wellbeing strategies with the art of mindful living.

She is professionally trained in integrative health coaching, nutrition, mindfulness and mental wellness facilitation. Michelle specialises in conducting engaging workshops and talks that empower individuals and teams to better manage stress and enhance their overall wellbeing.

A passionate educator, Michelle creates transformative learning experiences that blend education, experiential aromatherapy and mindfulness practices.

Her signature workshops have been delivered to clients such as Singapore Airlines, Ministry of Defence, Health Promotion Board, Singapore Police Force and Changi Airport Group, and she is regularly invited to lead sessions on workplace wellbeing, sleep and stress.

Signature Workshops



AROMATHERAPY BLENDING WORKSHOP

Hands-on workshop exploring the art and science of essential oils. Participants create their own wellbeing blend to take home.



PAUSE FRAMEWORK: STRESS LESS, LIVE MORE WORKSHOP

Learn to PAUSE: Practice Awareness, Understand stress triggers, Strengthen resilience and Embrace calm for lasting emotional wellbeing.



SLEEP WELL: UNLOCK THE POWER OF REST

Discover the SLEEP WELL method: Set routines, Limit stimulants, Ease tension, Enhance rest and Prioritise quality sleep daily.

Signature Workshops



BOOST YOUR MENTAL WELLBEING – SLEEP, STRESS & MORE

Our Mental Wellbeing Workshops focus on practical tools to help you manage stress, improve sleep and build emotional resilience.



MINDFULNESS FOR STRESS RELIEF & CALM

Learn practical guided mindfulness tools to enhance focus, regulate emotions, reduce stress and cultivate calm in daily life and work.



MINDFUL TEA EXPERIENCE: A HANDS-ON SENSORY WORKSHOP

A mindful tea workshop: craft, brew and savour your own personalised tea blend, leaving with a take-home creation to enjoy anytime.

Signature Workshops



A GENTLE MINDFULNESS JOURNEY THROUGH MENOPAUSE

A supportive mindfulness session helping women navigate menopause with greater calm, emotional balance and self-compassion through guided practices and sensory awareness.

Aromatherapy Blending Workshop



A Hands-on Team Experience to Relax, Recharge & Reconnect.

This experiential workshop invites participants to explore the world of essential oils through scent, science and self-discovery.

Employees will:

- Smell and test 10–15 pure and natural essential oils
- Learn the basics of aromatherapy, including safety, uses and application methods
- Understand how scent affects mood, stress levels and focus
- Discover popular blends for energy, calm and better sleep
- Create a personalised 10ml roll-on/essential oil blend to take home

Perfect as a team bonding activity, this session encourages mindfulness, creativity and wellbeing through the power of natural scents.

Duration: 1.5hr

PAUSE FRAMEWORK:

Stress Less, Live More: Emotional Resilience workshop



Using the PAUSE Framework to Navigate Stress with Clarity and Calm

Participants will be introduced to the **PAUSE** Framework, a practical tool to manage stress, regulate emotions and build resilience. Through reflective activities and group discussion, employees will learn to:

P – Pause: Recognise stress signals and create space to respond, not react

A – Acknowledge: Identify thoughts and emotions without judgment

U – Unwind: Release tension with stretches and mindful movement.

S – Shift: Reframe perspectives and choose supportive responses

E – Engage: Ground yourself using scent, sound and touch.

This interactive session blends self-awareness tools, evidence-based techniques and wellbeing strategies to empower participants to stress less and live more.

Duration: 1hr

SLEEP WELL: Unlock the Power of Rest



Quality sleep is the foundation of good health, yet many struggle to get the rest their bodies truly need. Sleep Well helps you understand the science of sleep and why it is essential for your mind, mood, and overall wellbeing.

What You Will Learn:

- The science behind healthy sleep cycles and why rest matters
- Practical strategies to improve sleep quality naturally
- How to create a bedtime routine that promotes deep, restorative sleep
- Tips for managing stress and unwinding your mind before bed
- Simple lifestyle changes that support long-term sleep health

Whether you struggle with occasional sleeplessness or want to deepen your rest, Sleep Well offers evidence-based tools and personalised guidance to help you achieve your best night's sleep — naturally.

Sleep well. Live well. Feel your best every day.

Duration: 1hr

BOOST YOUR MENTAL WELLBEING – SLEEP, STRESS & MORE



Your mental health is the foundation for a balanced, fulfilling life. Our Mental Wellbeing Workshops focus on practical tools to help you manage stress, improve sleep and build emotional resilience.

What You will Learn:

- Stress Management with PAUSE: Simple techniques to stay calm and resilient in everyday life.
- Sleep Strategies: Improve your rest, wake up refreshed, and support your overall wellbeing.
- Holistic Mindset Practices: Small daily habits that make a big difference to mental clarity and emotional balance.

Why Join:

- Interactive, hands-on sessions that give you actionable tools to take care of your mind, body and emotions.
- Perfect for individuals and corporate teams seeking healthier, happier lives.

Duration: 1hr

MINDFULNESS FOR STRESS RELIEF & CALM



In a world full of constant demands and distractions, stress can easily take over. Mindfulness for Stress Relief & Calm offers a practical, science-backed approach to help you pause, reset and respond to life with greater clarity and calm.

Through simple mindfulness practices, you will learn to manage stress more effectively, calm a busy mind and build emotional resilience. This session includes guided mindfulness practices, reflection tools and everyday strategies that fit seamlessly into your routine.

Whether you are new to mindfulness or looking to deepen your practice, this session empowers you to take charge of your wellbeing—one breath at a time.

Duration: 1.5hr

MINDFUL TEA EXPERIENCE: A HANDS-ON SENSORY WORKSHOP



This interactive, hands-on tea workshop invites participants to slow down, engage their senses and experience mindfulness through the art of tea. Participants will explore loose-leaf teas, create a personalised tea blend and practise mindful brewing and tasting. The session offers a calming pause from the workday while introducing practical tools for stress regulation and focused attention.

The programme is designed to be inclusive, accessible and suitable for corporate environments, with no prior experience required.

Programme objectives:

By the end of the session, participants will:

- Experience mindfulness through a hands-on, sensory-based activity
- Learn how sensory awareness can support stress regulation and mental clarity
- Practise slowing down and focusing attention through tea selection, brewing and tasting
- Gain simple, practical techniques to create mindful pauses during the workday
- Leave with a personalised tea blend and an increased awareness of how small rituals can support wellbeing

Duration: 1.5hr

A GENTLE MINDFULNESS JOURNEY THROUGH MENOPAUSE



This programme offers a supportive and calming space for women navigating the physical and emotional changes of menopause. Through guided mindfulness practices, breath awareness and gentle sensory grounding, participants learn practical tools to manage stress, emotional fluctuations and sleep challenges. The session encourages greater self-awareness, acceptance and self-compassion, supporting overall wellbeing during this important life transition.

This is a non-medical, experiential wellbeing programme designed to help participants respond more skillfully to change rather than eliminate symptoms.

Programme objectives:

By the end of the session, participants will:

- Understand menopause as a normal life transition through a mindfulness lens
- Learn simple mindfulness tools to regulate stress and emotional reactivity
- Develop greater body awareness and acceptance of physical changes
- Cultivate self-compassion and emotional resilience
- Identify practical ways to integrate mindfulness into daily life and work

Duration: 2hr

Client's reviews

- JOLEEN CHEW



The trainer, Michelle is very informative and provide sufficient materials for corporate events.



- FY QIU



Love the hands-on activity that Michelle guided us on, we get to smell the different types of oils on the test strips, places different test strips together to smell the combination, before mixing oils we liked in a cup. Decision fatigue is real, it was so tough to narrow down the oils we like! Nonetheless, a great workshop!



- NAOMI NURUL



Trainer Michelle is very engaging , & the activities she organized is very simple & yet require decision making choices ! I love it! From team Sankyu Singapore! Get to make my own essential oil too!



- PAULINE WONG



Love Michelle's training session with our company! She made the session so enjoyable and helped me find back my love for aromatherapy 🥰🥰🥰





Ideal For

HR and L&D teams, wellbeing committees, corporate training vendors and learning hubs looking to engage their employees or members in meaningful wellbeing-centred sessions.

Let's Work Together

To explore collaboration, reach out to Michelle Sim at:
Email: enquiry@sixthsensesaromatics.com.sg
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Customised sessions available upon request.

OUR PARTNERS & CLIENTS

