



Sixth Senses
aromatics

WORKPLACE WELLBEING PROGRAMMES

Science-informed.
Practical
Engaging

Practical Strategies for
stress, resilience & energy



Corporate Workshops



Wellbeing Programmes



Team Experiences



www.sixthsensesaromatics.com.sg



MEET YOUR TRAINER

Michelle Sim

Founder | Workplace Wellbeing Trainer

- Certified Health & Wellbeing Coach (Duke Integrative Health)
- Mindfulness-Based Wellbeing Enhancement (MBWE/MBSR) Teacher
- Certified Mental Wellness Facilitator
- Professional Aromatherapist

With over 15 years of corporate experience and a personal journey of managing rheumatoid arthritis, she brings a practical and relatable approach to workplace wellbeing.

Michelle specialises in delivering structured, science-informed workshops that help individuals and teams better manage stress, build emotional resilience and improve overall wellbeing.

Her sessions integrate mindfulness, lifestyle strategies and experiential learning to create engaging and impactful learning experiences.



PROFESSIONAL CREDENTIALS

Coaching • Mindfulness • Adult Learning



20+ YEARS CORPORATE EXPERIENCE

Sales • Marketing • Business Development



WELLBEING EXPERTISE

Workplace Wellbeing • Stress Management • Mindfulness



TRUSTED BY LEADING ORGANISATIONS

Delivered more than 50+ Corporate Workshops



WHY ORGANISATIONS WORK WITH US



We help organisations build healthier, more resilient and high-performing teams.



PRACTICAL & RELEVANT

Tools that can be applied in daily work and life



EVIDENCE-INFORMED

Science-backed strategies for lasting impact



CUSTOMISABLE

Programmes tailored to your needs, audience and objectives



ENGAGING & EXPERIENTIAL

Practical, interactive and memorable experiences

TRUSTED BY LEADING ORGANISATIONS



MINDEF
SINGAPORE



ROBINSONS

watsons



amazon.sg



withers

MANAGING STRESS & BUILDING EMOTIONAL RESILIENCE (PAUSE FRAMEWORK)

A practical and structured workshop that equips employees with tools to manage stress, regulate emotions and respond more effectively to workplace challenges.



Participants will learn:

P

Pause

Recognise stress signals early

A

Acknowledge

Identify thoughts and emotions without judgment

U

Unwind

Release physical and mental tension

S

Shift

Reframe perspectives and responses

E

Engage

Apply grounding techniques for calm and focus



Duration:
1 hour



IDEAL FOR
All Employees

SLEEP WELL: UNLOCK THE POWER OF REST

A practical workshop designed to help employees improve sleep quality and restore energy for better performance and wellbeing.



Participants will learn:



The fundamentals of healthy sleep and recovery



Practical strategies to improve sleep quality



How to build effective night routines



Techniques to manage stress before bedtime



Lifestyle habits that support long-term energy



Duration:
1 hour



IDEAL FOR
All Employees

MINDFULNESS FOR STRESS RELIEF AND CALM

A practical introduction to mindfulness techniques that help employees improve focus, manage stress and respond more effectively to daily challenges.



Participants will learn:



Understand how attention and stress impact performance



Practise simple mindfulness techniques for real-time stress management



Improve focus and reduce mental distractions



Respond more effectively instead of reacting under pressure



Integrate short mindfulness practices into daily work routines



Duration:
1 hour



IDEAL FOR
All Employees

BOOST YOUR MENTAL WELLBEING

A practical session that introduces simple, sustainable strategies to support mental wellbeing, including stress management, sleep habits and daily lifestyle practices.



Participants will learn:



Recognise early signs of stress and mental fatigue



Apply simple techniques to regulate emotions in daily situations



Build small, sustainable habits that support mental wellbeing



Improve focus and clarity during the workday



Develop a personal action plan for maintaining wellbeing



Duration:
1 hour



IDEAL FOR
All Employees

AROMATHERAPY BLENDING WORKSHOP

A hands-on, interactive workshop that introduces employees to the practical use of essential oils for stress relief, relaxation and focus.



Participants will learn:



Understand how scent influences mood, stress and focus



Learn safe and practical ways to use essential oils in daily life



Explore blends for relaxation, energy and sleep



Create a personalised essential oil roll-on blend (10ml) to support their wellbeing



Duration:
1 hour



IDEAL FOR
All Employees

ENERGY, LIFESTYLE & PERFORMANCE AT WORK

This practical workshop helps employees understand how daily lifestyle habits impact their energy, focus and productivity at work.



Participants will learn:



Understand how lifestyle habits affect energy, focus and productivity



Identify common causes of fatigue and energy dips during the workday



Apply simple nutrition and lifestyle habits to support focus and performance



Develop a personalised approach to managing daily energy and nutrition planning.



Duration:
1 hour



IDEAL FOR
All Employees

MULTI-SESSION WELLBEING PROGRAMMES



Structured programmes for deeper learning, habit building and lasting change.

FLOURISH AT WORK (4-WEEK PROGRAMME)

Building Sustainable Wellbeing Habits



Week 1

Stress Awareness & Regulation



Week 2

Emotional Resilience



Week 3

Sleep & Energy Optimisation



Week 4

Habit Building & Integration

MBWE PROGRAMME (9-WEEKS + 1 DAY RETREAT)

Mindfulness-Based Wellbeing Enhancement



Mindfulness Practices



Self-Awareness & Emotional Regulation



Resilience & Stress Management



Sustainable Wellbeing Habits



Duration:
2-2.5 hour per week



IDEAL FOR
Stress Management

WHAT OUR PARTICIPANTS SAY

“

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

-PAULINE WONG



“

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

-JOLEEN CHEW



“

“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!”

-FY QIU



“

“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!”

-NAOMI NURUL



GOOGLE REVIEWS



(191 REVIEWS)

READY TO SUPPORT YOUR TEAM WELLBEING

Let's build a healthier, more resilient and happier workplace together.



sixthsensesaromatics.com.sg



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