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For immediate release

Northern Ballet helps businesses tackle employee wellbeing with new Breaktime Barre Workshops

[Northern Ballet](#) is launching [Breaktime Barre](#) Employee Wellbeing Workshops as an innovative new way to engage with businesses across the UK and help to address a national rise in anxiety reported in the British workforce. The virtual workshops, led by Northern Ballet's Dance Education team aim to boost workforce morale and are particularly suited to teams working from home.

Findings by the [Office for National Statistics](#) show a deterioration in all measures of personal wellbeing as a result of the pandemic. Results reveal that in the early months of lockdown more than a third (37.4%) of adults in Great Britain said that the pandemic had affected their wellbeing. One in five adults reporting high anxiety, stated that their work had been affected as they were finding working from home difficult.*

As more restrictive lockdown measures come back into place, and workers are encouraged to continue working from home where possible, national levels of anxiety are unlikely to improve soon. Working from home also presents challenges around ensuring that home workstations are safe and appropriate to prevent developing bad posture and other related health issues.

Northern Ballet's Breaktime Barre Workshops have been established in response to these issues. The workshops will: boost staff motivation; tackle isolation; get people up and moving safely to bring activity into an otherwise static working day; tackle the physical challenges of substitute home working environments; give staff a much needed moment of calm and relaxation away from the daily pressures of work and home.

In addition, these workshops offer a new partnership tool to enable Northern Ballet to engage with businesses across the UK. In normal times, the Company would open doors across its tour network for organisations to experience Northern Ballet's work through performances, exclusive client events, brand alignment and PR opportunities. However,

these opportunities have been limited this year after the Company was obliged to cancel all tour plans for much of the year until the announcement of new live performances at Leeds Playhouse in October.

The first Breaktime Barre Workshop is taking place on Friday 9 October with [Emerald Publishing](#) who said: 'Employee wellbeing is so important to us as a business and we strive to ensure that we provide workshops and activities throughout the year to specifically promote good mental and physical wellbeing. We are absolutely thrilled to be able to offer a workshop with Northern Ballet to our employees which can be done virtually from the comfort of their own home. We recognise that we have a responsibility as an employer to encourage and help facilitate a good sense of wellbeing, especially with all of our employees working from home.'

Northern Ballet's Breaktime Barre Workshops are available for groups from 5 to 95 people and include a number of other partnership benefits. For more information contact Zoë Walker, Head of Development by emailing zoe.walker@northernballet.com

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*Source: [Office for National Statistics](#)

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Northern Ballet

In 2020 Northern Ballet is celebrating its 50th Anniversary.

Northern Ballet is one of the UK's leading ballet companies and the widest touring ballet company in the UK. Bold and innovative in its approach, Northern Ballet is prolific at creating new full-length work with a unique blend of strong classical technique and impressive storytelling. Northern Ballet's repertoire embraces popular culture and takes inspiration from literature, legend, opera and the classics, pushing the boundaries of what stories can be told through dance.

A champion for the cultural exports of the North, Leeds-based Northern Ballet is dedicated to bringing ballet to as many people and places as possible, under the leadership of Artistic Director David Nixon OBE. Northern Ballet's Company of 43 dancers performs a combination of its full-length ballets and specially created ballets for children at more than 40 venues annually.

For more details of Northern Ballet's tour, on sale dates and booking information, please visit northernballet.com/whatson

