

# Fynix Project



## Trauma-Informed | Lived-Experience-Led | Practical Skills-Based Workshops

Fynix Project delivers structured, evidence-informed mental health and trauma-awareness workshops for local authorities, schools, frontline services, hospitality teams and community organisations across the UK. All sessions are interactive, practical, and focused on real-world application. Aligned with UK trauma-informed practice frameworks and frontline safeguarding standards

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### Core Emotional Wellbeing Workshops (8 hours | 4-hour condensed option)

A suite of workshops focused on emotional regulation, stress reduction and resilience building. Blending psychoeducation, guided exercises and applied tools participants can use immediately.

- The Resilience Reset – Grounding tools, somatic resets, cognitive reframing.
- Breathe to Balance – Box breathing, physiological sigh, coherent breathing.
- Write to Rise – Structured expressive writing for emotional processing.
- The Art of Letting Go – Creative release for stored stress.
- From Surviving to Thriving – Boundaries and sustainable habit-building.
- Burnout Recovery Lab – Burnout identification and recovery planning.
- Connection Circles – Psychological safety and trust-building.

Outcomes: Increased emotional stability, reduced overwhelm, and practical regulation tools.

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### Hospitality Workshop – Surviving Service

A specialist burnout and mental health workshop for hospitality professionals operating in high-pressure service environments.

- Stress vs burnout in hospitality.
- Brain responses during peak service pressure. Micro-reset tools usable mid-shift.
- Customer de-escalation techniques.
- Manager guidance on psychologically safer teams.

Benefits: Reduced absenteeism, improved retention and healthier team culture.

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## **Youth Workshops (Ages 12–17) – Supporting Young Minds**

Age-appropriate emotional resilience workshops delivered in plain language, with clear safety boundaries and no pressure to disclose trauma.

- Understanding emotional intensity.
- Recognising triggers.
- Healthy release strategies.
- Practical calming techniques.
- Building resilience and self-worth.

Outcomes: Improved emotional literacy, confidence and regulation skills.

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## **Supporting Staff – Trauma-Informed Workshops for Frontline Teams**

Skills-based sessions for homelessness services, housing teams, youth justice, crisis response and mental health professionals.

- Hold The Line – De-escalation & boundaries.
- Under The Surface – Trauma & behaviour awareness.
- Boundaries Without Burnout – Compassion fatigue prevention.
- Calm In The Chaos – Regulation during incidents.
- After It Kicks Off – Processing incidents safely.

Outcomes: Reduced burnout risk, improved decision-making and safer services.

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## **Reset & Release – CPD Trauma Training + Emotional Release**

In collaboration with Sole Survivor PTSD Support. A one-day package combining CPD-accredited PTSD training with structured emotional release.

- PTSD science & trauma-informed communication.
- Burnout prevention and self-protection.
- Grounding and crisis tools.
- Guided expressive emotional release workshop.

Outcomes: Increased confidence supporting PTSD clients and strengthened staff wellbeing.

## After The Bell – Emotional Regulation for Fighters (3 Hours)

A post-fight emotional recovery workshop designed with professional fighters to manage adrenaline crashes and rebuild confidence.

- The 3R Model: Recognise → Regulate → Reframe.
- Tools to regulate adrenaline crashes.
- Identity rebuilding strategies.
- Structured post-fight recovery blueprint.

Benefits: Stronger resilience and improved coach-fighter communication.

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### Partnership & Booking Enquiries

In-person delivery across the North West of England | Online UK-wide Darryl Craig – 07443 106056 | [darryl.craig@fynix.org.uk](mailto:darryl.craig@fynix.org.uk) | [Dexter.snagg@fynix.org.uk](mailto:Dexter.snagg@fynix.org.uk) | [Lauren.hankey@fynix.org.uk](mailto:Lauren.hankey@fynix.org.uk) Website: [www.fynix.org.uk](http://www.fynix.org.uk)