



Oomph!

ondemand

Hello!

Oomph!

Skills Workshops

In partnership with



Workshops

A wide range of courses covering topics to upskill your team. All courses are developed with an expert partner, such as Kew Gardens for Nature and National Governing Bodies for Sport. All courses will be virtual and can be completed in your own time, providing complete flexibility.

Exercise workshops

Sport

Relax

Sensory

Active

Activity workshops

Music

Nature

Create

Culture

Created in
partnership
with leading
associations
& experts

For example...



Stuart Wood
MBE PhD, expert in
music and health

It's on...

DOMPH!

ondemand

**Alive with wellbeing
training & content**

Get in touch via our Website!