



**hot chocolate
wellbeing
for colleagues
& clients**

CALM COCOA

BY MEREDITH WHITELY



calmcocoa.co.uk
[@calmcocoa](https://www.instagram.com/calmcocoa)

meredith@foodattheheart.co.uk



about us



Explore a gentle path into wellbeing with the delicious combination of hot chocolate & meditation.

It can sometimes feel difficult to take time for yourself and to be truly present. The simple, uplifting ritual of making & drinking hot chocolate is a beautiful way to add moments of mindfulness into a day.

We want to help you create the space for wellbeing, giving people the opportunity to explore a deeper sense of connection with themselves and others.

This is the foundation for both our hot chocolate range and wellbeing experiences.

We're a little business with a big heart based in Mid Wales, and we deliver products & workshops around the UK.

about Meredith

Meredith, the founder of Calm Cocoa, is a meditation teacher, chocolatier & chocolate judge. She specialises in the beautiful practice of mindful eating (and its lovely overlap with professional chocolate tasting!).

Her work was originally inspired by her own need to find better balance, after many years of struggling with stress-triggered digestive issues while working in a range of corporate environments. She has a deep and longstanding passion for all things chocolate.

Meredith runs mindfulness & wellbeing experiences for individuals and teams, along with creating a range of mindful chocolatey treats.





how we can support you

hot chocolate wellbeing gifts

We create our award-winning small batch hot chocolate in our chocolatey kitchen in Mid Wales.

Whether it's sending meaningful gifts to colleagues or clients, or adding a little something extra to our hot chocolate wellbeing experiences, we've got you covered.

There are lots of ways to show some hot chocolate love, from our vegan-friendly 2-serve sachets to the Mindful Mouthfuls letterbox gifting range or bespoke self-care packages.

We use delicious single origin chocolate in our blends, sourced for ethics and taste.

Each hot chocolate pack comes with a self-guided meditation card, supported by a short recorded hot chocolate meditation on our website.

example prices*

*no additional VAT

2 serve sachet + postage to individual address - from £6.75 per person

Mindful Mouthfuls letterbox gifts + postage to individual address - from £11.50

Full pack (6-8 servings) of Calm Cocoa to individual address - from £15.25

Bespoke combinations, including additional self-care gifts, are available on request

[Explore our range at calmcocoa.co.uk](http://calmcocoa.co.uk)

We currently have 7 standard flavours in our range

All our packaging is single-use plastic free, and is home compostable, easily recyclable or reusable

We can send to either individual recipient addresses or a single address

(Royal Mail 1st Class for individual gifts & tracked service for larger orders to single address)

You can also add a note with your personal message

Optional extras include adding a live or recorded hot chocolate meditation with your gift...

We normally ask for at least 1 week's notice for orders, but larger orders may need longer



how we can support you hot chocolate wellbeing experiences



We're about more than just delicious hot chocolate. We can help you bring mindfulness to life through fun, immersive and meaningful wellbeing experiences incorporating hot chocolate!

Meredith has been running creative and mindful experiences for teams since 2015, and has tasted chocolate & hot chocolate with hundreds of people.

Our approach is inspired by the New Economics Foundation '5 Ways to Wellbeing' report, with an aim to improve mental wellbeing and tackle loneliness through increasing awareness & connection.

Options include meditation, creative hot chocolate sessions & 'hot chocolate connect' sessions.

Our experiences can be delivered as one-off events or as part of an ongoing programme, with both online and in-person options.

We'll create something special based on the needs of your team or wellbeing event.

what exactly is a hot chocolate meditation?

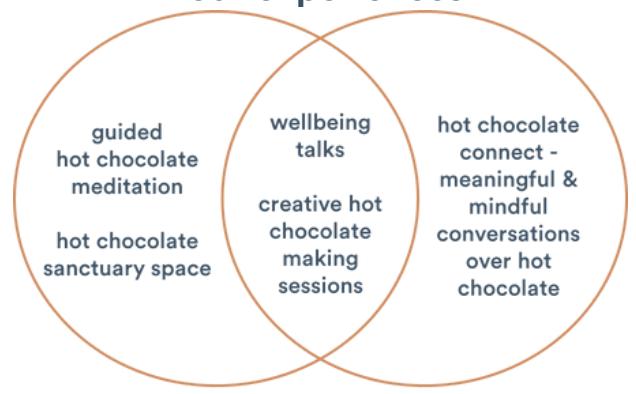
This is a very gentle mindfulness meditation grounded in the ancient practice of mindful eating. It involves using all the senses to slow down & taste with awareness, pleasure and compassion

It helps build a greater sense of connection with our body, mind and wider world. It's particularly helpful for people who have tried meditation before, but struggled with focus

In a happy coincidence it's also very similar to the principles of professional chocolate tasting



our experiences



Take Notice **Learn** **Connect**
From 5 Ways to Wellbeing





hot chocolate wellbeing experiences

guided (hot) chocolate meditation

mindful eating meditation involving all the senses, using hot chocolate (or chocolate) as the main focus for tasting (online or in person)

hot chocolate sanctuary space

curated and dedicated quiet space with hot chocolate; incorporates sitting areas, reflection prompts and a place designed to help people decompress

wellbeing talks

expert talks on specific topics, such as mindful eating and stress management

creative hot chocolate sessions

fun 'making' sessions:
- hot chocolate demo & chocolate tasting
- people create their own blends to take away

hot chocolate connect

meaningful & mindful conversations over hot chocolate

bringing people together over hot chocolate for mindful conversations:
- guidance on questions to start the conversation & build connection
- practise the skill of compassionate listening

take notice

learn

connect

supported by a Chocolate Wellbeing Activation Kit for teams to help incorporate wellbeing activities in everyday working life

wellbeing experience investment

we'll create a no-obligation quote based on your particular needs; we've included some general guidance below as an idea of investment levels for different sessions

1 hour one-off online sessions start at £250

1/2 day session including meditation and mindful eating/wellbeing talk start at £500

full day session including meditation sessions, lunch & learn topic and creative making sessions start at £1,000

*travel & chocolate costs will be additional depending on type of session & number of people involved



what our customers say

Wow, that was the afternoon pick up I needed... Unanimously agreed among all 4 of us that it was the best hot chocolate we've ever tasted - absolutely gorgeous!

Absolutely beautiful hot chocolate – the best I've ever had!!

Huge thank you to Meredith for providing such an insightful look at chocolate and mindful tasting. Had great feedback about it, everyone really enjoyed it!

Extremely enjoyable and effective. I think I can speak for the whole team when I say it is the highlight of our Mental Health Awareness week.

The Green Party was so delighted to welcome Meredith & Calm Cocoa to lead our entire team in a chocolate meditation... We would be delighted to welcome Meredith back.

Winner of 1 Gold, 1 Silver & 1 Bronze - Academy of Chocolate Awards

some of our previous clients...

 slack

 City of Westminster

 lululemon

 ebay

 dermalogica

 COFFEE & TV

 GLION

 wework

 Mattioli Woods plc
Wealth Management

 experience
TRAVEL GROUP

...and events where we've delivered sessions

 COUNTRY LIVING
magazine

 the retreat festival

 THE MINDFUL
LIVING SHOW

 SOUL CIRCUS

 BALANCE
FESTIVAL

 ZERO WASTE GOODS

Get in touch to discuss your chocolatey requirements, ideas or for a bespoke quote

Meredith Whitely,
Chief Chocolate Officer
meredith@foodatheart.co.uk