

Cerrie Baines | CertLM

- WORKPLACE WELLBEING STRATEGIST & CONSULTANT
- WELLBEING & LIFESTYLE COACH



Founder of Mindful Moves® www.mindfulmoveshub.com cerrie@mindfulmoveshub.com +44 7345 522 628



RELEVANT QUALIFICATIONS

Prescribing Lifestyle Medicine (CertLM): RCGP accredited framework.

Health & Wellness Coach Training: A Wellness Revolution (ICF Accredited Training).

Movement & Mindfulness: Qualified Yoga & Pilates Instructor (9 years); Specialist training in Yin, Vinyasa, and Hatha Yoga.

Yoga4Health social prescribing programme: Yoga in Healthcare Alliance (YiHA)

Certified Sound Healing Practitioner: Lotus Mindfulness and Relaxation Services, Nepal

ORGANISATIONS SUPPORTED

National Health Service (NHS) & Local Government (UK)

TukTuk Charity / Rermork for Children (Cambodian NGO)

Sustainable Cambodia (International NGO)

CamTech University (Cambodia)

and various UK-based community & voluntary organisations.

RECOGNISED PARTNERS

YourSimpal (Digital Inclusion & Wellbeing)

Brighter Behind the Clouds Ltd

ABOUT ME

I partner with individuals and organisations to create the supportive space needed to reflect, gain clarity, and clear the path forward. My approach is grounded in the principle that *"small steps create big changes."* I have a natural affinity for helping people reconnect with what truly matters to them, using creative conversation and practical tools to move from "knowing" what is needed to actually implementing change.

As a strategist, I focus on the structural foundations of wellbeing. Drawing on a career of facilitating service improvement and integration within the NHS, Local Authorities, and the Voluntary Sector, I help organisations move beyond surface-level wellness. I design clear communication frameworks, robust reporting structures, and bespoke policies, alongside delivering interactive workshops and online courses that provide the clarity and support necessary for enhancing workplace culture and leadership. My goal is to help individuals feel more fulfilled, confident, and in control of their lives.

Mindful Moves® is committed to social impact. Through our *Pay It Forward* initiative, every corporate partnership supports pro-bono wellbeing resources for community-led projects.

KEY FOCUS AREAS

Wellbeing Policy & Guidance Development:

Co-designing bespoke Workplace Wellbeing Policies and Staff Guidance that combine formal organisational commitments with practical, daily staff support.

Collaborative Working & Transparency:

Identifying teamwork challenges to design effective meeting structures and reporting channels. I support clear, transparent communication and conflict resolution by establishing the processes needed to ensure teams stay on the same page and strengthening the connection between leadership and staff needs.

Facilitation & Education:

Designing and delivering bespoke wellbeing workshops for organisations and the general public. This includes my signature programme, **"The Components of Life,"** which serves as a foundational tool for personal growth and for identifying the real needs of a workforce.

Staff Insight & Surveys:

Designing and facilitating surveys to capture the genuine needs of a workforce. I translate these insights into strategic reports that help organisations identify exactly where to invest, whether in bespoke workshops, resources, or information, to best support their teams.

Wellbeing & Lifestyle Coaching:

Applying wellbeing coaching tools and the lifestyle medicine framework to support individuals in looking after themselves holistically. This approach focuses on helping people achieve a better quality of life that is truly aligned with who they are and what matters most to them.