

# Cerrie Baines | CertLM



**mindful moves**  
FOR A BETTER QUALITY OF LIFE

- WORKPLACE WELLBEING STRATEGIST & CONSULTANT
- WELLBEING & LIFESTYLE MEDICINE COACH

Founder of Mindful Moves®



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## ABOUT ME

I work with individuals and organisations to create environments that develop openness and allow for the reflective practice that leads to sustainable growth. 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.

## 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**

## 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 Medicine Coaching:

Applying the Prescribing Lifestyle Medicine framework to help individuals bridge the gap between knowledge and sustainable action. I support people to live a better quality of life that is aligned with their true self and what truly matters to them.