

Welcome to the Holistic Health Training Centre

A new space for wellbeing, professional development and transformational learning.

IPSWICH • SUFFOLK



Created by Shine & PPB

Opening January

Ipswich, 2-4 Greenwich Business Park Ipswich, IP3 0DD



Intelligent
Fitness



Holistic
Therapy



Professional
Growth



Youth
Pathways

The new space for wellbeing, professional development and transformational learning.



“You have to be it...

...to believe it”

Welcome to Ipswich’s New Home for Wellbeing:

The Holistic Health Training Centre is a first-of-its-kind hub in Suffolk designed to support the whole person. We bring together physical health, mental wellbeing, leadership growth, and community empowerment under one roof.

Built on the core belief, “**You have to be it, to believe it,**” this space offers a warm, inclusive environment where individuals, teams, and organisations come to learn, grow, and thrive.

Our Vision: To inspire healthier, stronger, more empowered individuals and communities by combining wellbeing, learning, and professional development. We are the place where education, health, and personal transformation meet.

What We Offer

- **Intelligent Fitness:** A fully equipped Workout Zone.
- **Holistic Therapy:** Acupuncture and mental wellbeing.
- **Professional Growth:** Leadership training and CPD.
- **Youth Pathways:** Elite sports and industry launchpads.
- **Media Hub:** Fully equipped podcast station and media setup available for hire

Facilities:

- Free car parking
- Lecture Room
- Private Consultation Rooms

LEARNING ZONE & MEDIA HUB



Workout Zone Gym:

A fully equipped, intelligently designed space devoted to strength development, movement mastery, rehabilitation, and long-term wellbeing.

Whether you are beginning your journey, elevating performance, returning from injury, or navigating life as a parent, our award-winning coach and specialist partners provide unrivalled expertise.



- **Private 1:1 Coaching:** With an award-winning athlete & elite performance specialist.
- **Small Group Training:** Crafted to challenge and inspire.
- **Recovery:** Specialist sports massage.
- **Parental Programmes:** Supporting strength, balance, and community.

Youth Elite Leadership Programme:

Train Like an Athlete. Lead Like a Champion.

A bespoke pathway for young people with ambition. We blend elite athletic training with leadership development to shape confident, resilient future athletes.

Designed for emerging youth athletes:

- Professional-level coaching tailored to their sport.
- Strength, agility, and movement training.
- Mindset & leadership development (confidence, resilience, discipline).
- Bespoke mentorship from performance specialists.

This is more than a training facility.

It's an environment where expertise meets intention.

One where every individual, at every stage, is empowered to evolve.

[ENQUIRE](#)

WHAT WE OFFER

PROFESSIONAL DEVELOPMENT & LEADERSHIP

Delivered by Elisha Soanes and her specialist team, our training is grounded in cultural intelligence, inclusive leadership, and organisational wellbeing. We work with Schools, FE Colleges, Local Authorities, and Businesses.

[ENQUIRE](#)

WELLBEING WORKSHOPS

We offer workshops in mindfulness, resilience and stress management. Perfect for teachers, leaders, and individuals wanting to recharge.

[ENQUIRE](#)

ACUPUNCTURE & HOLISTIC THERAPIES

Restore balance and reduce stress. Our expert practitioners offer tailored acupuncture and wellbeing sessions designed to support both physical and emotional health.

[ENQUIRE](#)

ROOM HIRE: LEARNING ZONE & MEDIA HUB

Hire our modern, flexible space for meetings, workshops, and coaching. Now featuring a fully equipped Media Hub, including a professional podcast station with microphones and seating, perfect for content creation and interviews. Wi-Fi & Parking included. Teacher discounts available.

[ENQUIRE](#)

SCHOOLS & YOUTH PATHWAYS

Launchpad Into Industry

We deliver engaging, future-focused workshops for schools and colleges (Secondary, Sixth Form, FE, Alternative Provision).

The Programme: Future Pathway Guardians Support for Post-16 students (Level 1–3 to Adult) to build industry experience, critical thinking, and employability skills.

Key Topics Covered:

- Coercive Control, Misogyny & Healthy Relationships.
- Equality, Diversity, and Inclusion (EDI) in the workplace.
- Industry-based activity assessed by experts.
- Available Sectors: Media, Health & Social Care, Early Years & Child Development, Sociology, Law, Sports, Public Services, ESOL, SEND / PRU Support, Post-16 Progression Support, Careers, Employability & Progression Skills, Student Ambassadors

Pathway Options:

- 1-Day Launchpad: An intensive industry skills escalation day.
- After School Clubs: Media/Arts and Leadership (Ages 8+).
- 12-Week Course: Deep dive into industry experience to become "Wellbeing Ambassadors."



Pricing Packages:

ONE-DAY LAUNCHPAD

£850 - £1,250

(Up to 20 students)

Includes:

- Full-day industry skills workshop
- Facilitator support

Add-ons:

- Additional facilitator (£300)
- Follow-up coaching (£200)

[Book Consultation](#)

FUTURE PATHWAY GUARDIANS

£5,000 - £7,500

(Total Cost)

Includes:

- Weekly sessions
- All materials toolkit
- CV/employability coaching
- Leadership development
- Industry expertise
- Access utilise media hub
- Safeguarding module.
- EDI equity in the workplace
- Create launchpad project
- Evaluation reports

[Book Consultation](#)

TRAIN-THE-TRAINER

£2,500 - £4,000

(Staff development model)

Includes:

- 2-day training
- Curriculum pack
- Licensing
- Safeguarding and EDI refresher

[Book Consultation](#)

BECOME A PARTNER: Multi-Year Partnership - £12,000 – £25,000 per annum

Looking for long-term impact? Secure annual support based on your cohort volume.

Includes **10% discount** when booking more than one cohort.

About Our Founder – Elisha Soanes

A nationally recognised educator, cultural intelligence specialist, and wellbeing advocate. Elisha's leadership has taken her from classrooms to Parliament, influencing policy and empowering thousands.

- Named Glamour Magazine's Top 15 Trailblazing Black Women in the UK (2024).
- Delegate for UN Women.
- Regular commentator for BBC, ITV, and HuffPost.
- Works with the Department for Education.



Partner With Us

We believe wellbeing and learning go hand-in-hand. Whether you're a school, business, or community group, let's collaborate.

- Book a workshop
- Arrange staff CPD
- Hire our rooms
- Join a wellbeing programme
- Youth Pathways
- Community partnership



Get Early Access

Be the first to experience Ipswich's new home for empowerment and growth.

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