

Pause with Paws

PSYCHOLOGY-LED WELLBEING VISITS WITH DOGS



Pause with Paws

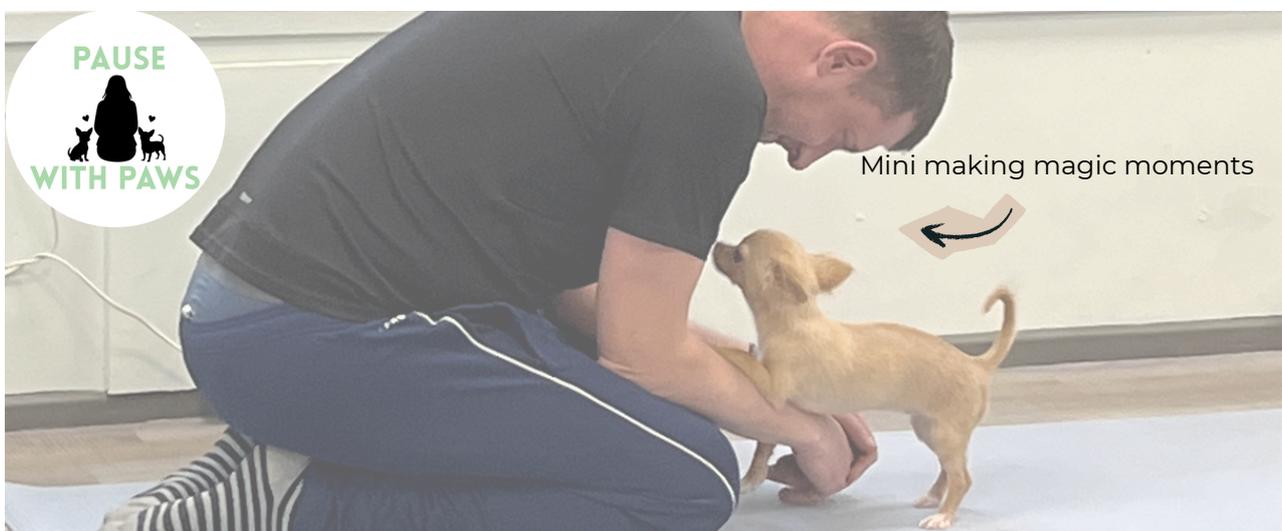
Who We Are

Pause with Paws C.I.C are a community interest company who provide calm, ethical dog-assisted wellbeing visits designed to support emotional regulation, reduce stress, and create moments of gentle connection.

Founded by a psychology and counselling graduate, Pause with Paws C.I.C blends evidence-based wellbeing practice with animal-assisted support - always prioritising consent, safety, and animal welfare.

We believe wellbeing should feel safe, pressure-free, and accessible for both humans and dogs.

Based in Derbyshire, UK



Why it works?

Spending time with calm, regulated dogs has been shown to:

- Support nervous system regulation
- Reduce stress and anxiety
- Encourage emotional presence
- Increase feelings of safety and connection

Our sessions are:

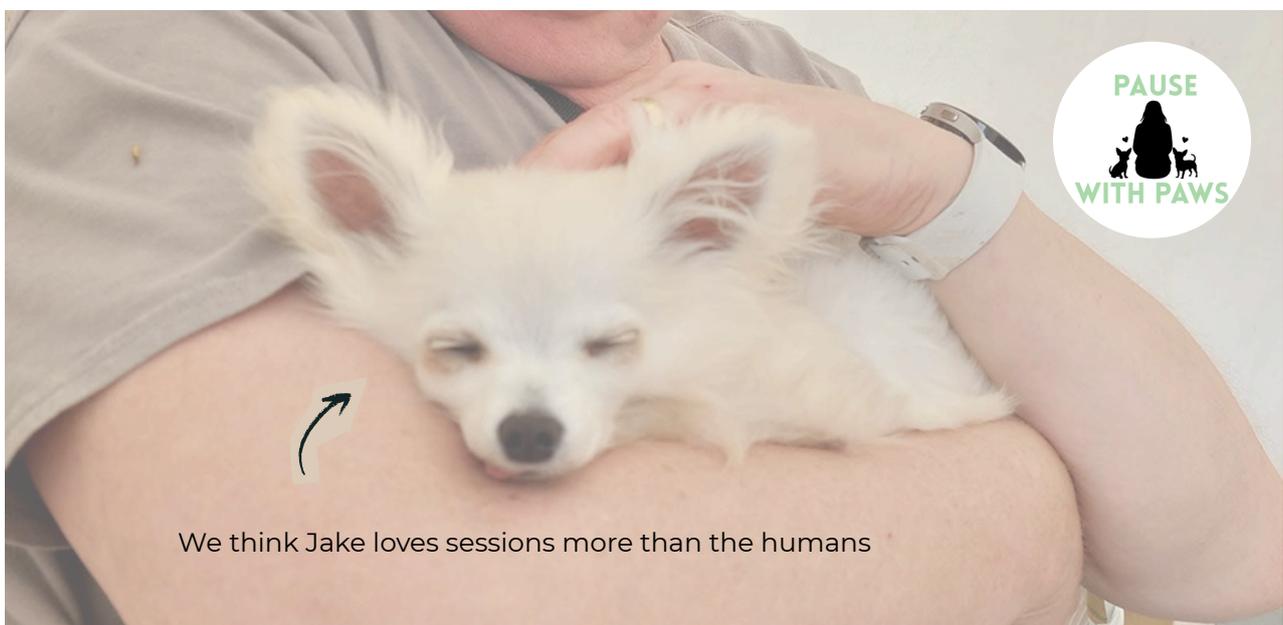
Psychology-led

Trauma-informed

Consent-based

Non-clinical and gentle

This is not performance or entertainment - it is wellbeing through presence.



We think Jake loves sessions more than the humans

Our Dogs

Our dogs are:

- Small, well-socialised, and happy
- Accompanied by their handlers at all times
- Never forced to interact
- Free to rest or disengage whenever they choose
- Used to working with all ages

If the dogs are not comfortable, the session is adapted or stopped.

Animal welfare always comes first and we will provide a refund if the session cannot go ahead.



What A Session Looks Like

Each session is adapted to the setting and group, but typically includes:

1. Calm arrival and setup
2. Hygiene and consent guidance
3. Gentle, optional interaction with dogs
4. Quiet presence and emotional regulation
5. Optional mindfulness elements
6. Calm close and check-in

Sessions are slow-paced, flexible, and responsive to the people and dogs present.



Optional Add-Ons

Led by a certified coach, sessions can include:

- Guided mindfulness moments
- Breathing and grounding exercises
- Grief and bereavement support
- Pain management support
- Gentle emotional reflection prompts
- Event-based wellbeing (e.g. Paint & Paws)
- Sound baths

All add-ons are optional and adapted to the group's needs.



Where We Visit

Pause with Paws offers visits to:

- Care homes & assisted living settings
- Workplaces & staff wellbeing days
- Schools & learning settings
- Support groups
- Community organisations
- Private events (by enquiry)



Safety, Ethics & Standards

We are committed to high professional standards, including:

Public Liability Insurance

Professional Indemnity Insurance

Risk assessments

Hygiene protocols

Safeguarding awareness

Dog welfare & consent policies

Qualified in canine behaviour & psychology



Our Background

The founder of Pause with Paws holds:

- BSc Psychology with Counselling
- Diploma in Life Coaching
- Diploma in Pet Loss Grief
- Diploma in Human Grief & Bereavement
- Diploma in Animal Assisted Therapy
- Diploma in Pain Management
- Diploma in Advanced Sound Healing
- Diploma in Canine Behaviour and more.

Charlotte's two lifelong passions - psychology and animals - come together in Pause with Paws C.I.C.



Pricing & Options

Pause with Paws C.I.C sessions are priced to reflect:

- The time, preparation and care involved
- Professional training and qualifications
- Insurance, safeguarding and risk management
- Ethical handling and welfare of the dogs

Our pricing allows us to:

Keep sessions calm and unrushed

Limit group sizes

Ensure dogs are never overworked

Deliver consistent, high-quality wellbeing support

This is not entertainment or pet visiting - it is psychology-led wellbeing work, delivered responsibly and ethically.



Pricing & Options

Quick Pawse Session

- 45-minute session
- 3 or more calm, sociable small dogs
- Facilitated, consent-based interaction
- Suitable for care homes, small support groups, or quiet settings

Perfect for short visits or introductory sessions.

From £60

Rest & Reset Session

- 60-minute session
- 4 or more sociable small dogs
- Structured interaction with rest rotations
- Ideal for care homes, wellbeing groups, schools or workplace sessions

From £75

Canine Connection Session

- 90-minute session
- 4+ dogs with full rest rotation
- Designed for larger groups or wellbeing events
- Time for grounding, reflection, and canine connection

From £95

Pricing & Options

Extended Cuddle Session

Up to 2 hours

Ideal for:

- Larger groups
- Open-access wellbeing spaces
- Events where people rotate in and out

From £160

Ongoing Canine Support Package

- 1 x 60-minute session per week
- Consistent dogs and facilitator
- Predictable routine and familiarity

From £250 per month

Optional Add-Ons

Led by a certified coach.

Mindfulness & Grounding Add-On

- 10–15 minute guided mindfulness or grounding practice
- Breathwork, body awareness, or sensory grounding
- Delivered alongside calm dog presence
- Suitable for adults, older adults, and adapted groups

Enquire or Book

If you would like to discuss a Pause with Paws C.I.C visit, collaboration, or event please message us or fill in the booking enquiry form on our website.



Pause. Breathe. Connect.

Psychology-led wellbeing - supported by paws.

The Important Bits

All sessions include:

- Public Liability Insurance
- Professional Indemnity Insurance
- Risk assessments
- Dog welfare & consent policy

Every session is tailored to the setting and needs of the group.

The dog's well-being always comes first.

If, for this reason, the event cannot go ahead we will offer a full refund or rearrange.

Happy dogs = happy humans.

Message us to discuss availability and suitability.

