



ROSA CASTANO

CERTIFIED 200HR
MEDITATION TEACHER
YOGA TEACHER
MINDFULNESS COACH
MOTIVATIONAL SPEAKER

MY BACKGROUND

Over the course of my career, I've worked in all types of settings from small businesses, freshly minted startups, and large, diverse non-profit corporations. While these environments operated differently, they all had some things in common when it came to the employee experience. No matter the size or mission of the organization, I saw over and over again how teams could thrive under good leadership or deteriorate due to an unhealthy culture. So today, I'm partnering with people-centered leaders to bring a fresh perspective to how we interact in the workplace. I combine my years of work experience with my skills as a Yoga & Meditation Teacher and Mindfulness Coach to support organizations in enhancing employee engagement during this critical time in the work environment.



CONTACT INFORMATION

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WORKPLACE WELL-BEING & HUMAN CONNECTION

HERE IS WHY:

We know that in order to maximize the potential of each employee, you must create a work environment that enhances well-being. Now more than ever, it's time to reflect on the culture that you are creating. Are you seeing high rates of burnout and turnover? Has your growth plateaued due to low employee engagement? Or does your workplace have a thriving culture where everyone is seen as a human being with human needs?

OFFERINGS:

▶ GROUP MOVEMENT AND/OR MEDITATION CLASS - FOR EMPLOYEES & LEADERS

An intentional space that allows everyone to slow down and check in with themselves, the class is designed to be easily accessible to all bodies and skill levels. Meditative elements are integrated throughout the class.

▶ MINDFULNESS MATTERS - FOR EMPLOYEES & LEADERS

This class is designed to be a collaborative effort between employees and leaders. We will allow space for training and discussion on how to implement or cultivate the positive culture you would like to see in your business.

▶ GOAL SETTING & PERSONAL DEVELOPMENT - FOR EMPLOYEES

A healthy work/life balance is crucial to our happiness and well-being. In this workshop we focus on goal setting and creating actionable plans for both our Work Life & Personal Life.

▶ LEADING WITH EMPATHY & COURAGE - FOR LEADERS

By fostering engagement and re-humanizing the employee experience, leadership can help everyone feel valued, seen, and heard. This training will show you how to lead with empathy and build a culture that fuels innovation and productivity.

**Looking for something more specific? I'd be happy to curate a course for your company's specific needs.*