



WORKPLACE WELL-BEING & WELLNESS ACTIVATIONS

2023



ROSA CASTANO

STRESS MANAGEMENT WORKSHOPS

Leaders + Employees

Pricing ranges from \$750-\$5000+
(Virtual or In-Person Available)

- Stress Management & Cultivating Resilience

Designed to help employees recognize in themselves areas of stress and when/where they are feeling overwhelmed. Once employees have that mindful awareness of what their triggers are, we can begin to work on stress management tools that they can feel empowered by. An additional goal of this workshop is to remind and re-engage employees about what they enjoy in the organization and their job and the people they get to impact.

- Burnout Prevention

We will go over the signs and symptoms of Burnout and what to look out for. We will go over tools that will allow us to create more balance in our lives so that when we enter into those "busy" seasons we have positive practices to fall back on.

- Work/Life Integration for Working Parents

The focus is to go over work & life stresses and notice how we handle those different situations. Developing awareness and tools to help support healthy boundaries. Parents will walk away with actionable steps on how to implement mindful moments at home and at work.

- Goal Setting + Personal Development

A healthy work/life integration 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.

Leadership

- Mindful Leadership & Company Culture

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 courage. This will allow you to build a culture that fuels innovation and productivity.

*Workshops can be adjusted and modified as needed to best fit your company needs. [CLICK HERE FOR NEXT PAGE.](#)

WELLNESS OFFERINGS

Movement

Yoga Mat Rentals: \$5/Mat
(Over 300+ Mats available in varying colors)

- Stretch & Breathe Session [10-15 Minute] \$150

Learn simple stretches and breathing exercises that can be done right at a desk to help decrease anxiety, overall body fatigue, and promote well-being.

*Perfect for opening of conferences, meetings etc

- Gentle Flow Yoga Class [30 Minutes - 1Hour] \$450+

This class is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility.

- Boot Camp Class [45 Min] \$450

This class is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility.

- Gentle Flow Yoga Class + Meditation [30 Minutes - 1Hour] \$475

This class is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility.

Meditation

- Beginner Friendly Meditation [30 Minute] \$400

This beginner friendly class incorporates several different styles of meditation in one session to keep the individual engaged and present. We will focus on breathwork, visualization and present moment awareness.

*This is a great option because this can be done in a chair with no special attire required. This is a practice that is accessible to all people and all bodies.

- Mindfulness Meditation [30 Minute] \$400

This class helps us connect to ourselves. We used a Mindfulness practice to help us during anxious or overwhelming moments. We remember our why and our purpose to help us stay in the present moment.

*I particularly love this one for companies because I bring the individual back to a beginners mindset. Whether this is for a product or a service company there is a journey from inception to the consumer. Often we need to remember the details of the journey to fully appreciate and ground us when we get frustrated with work or clients!