



WORKPLACE WELL-BEING

Stress Management & Cultivating Resilience



Leading people focused workshops that can help manage stress and prevent burnout through science backed Mindfulness Based Stress Reduction (MBSR) & Meditation Techniques.

ROSA CASTANO

STRESS MANAGEMENT WORKSHOPS

Leaders + Employees

Pricing ranges from \$500-\$2500+

- 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.

- Balance over Burnout

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 & Boundaries 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. [NEXT PAGE](#)

SAMPLE WELLNESS OFFERINGS

Yoga Mat Rentals: \$3/Mat

Movement

- Stretch & Breathe Session [10-15 Minute] \$125

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] \$400

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] \$400

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] \$400

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] \$350

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] \$350

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!

DID YOU KNOW...

"Regarding employee wellness programs, 53% of small companies and 81% of large companies do offer a wellness promotion program with at least one program, according to the survey. But only 44% of large companies offer workers an incentive to participate or complete such a program. In contrast, some companies offer not just one or two employee wellness programs, but a variety to meet the diverse needs of everyone they employ. Plus, they also offer incentives to participate or complete those programs. And employee wellness programs are now more important than ever. MetLife's 18th Annual US Employee Benefit Trends Study 2020 found that the majority of employees -- 74% -- are concerned about at least one aspect of their well-being as a result of the coronavirus."

Yahoo Finances

COST OF ABSENTEEISM

"In a seminal Dow Chemical study from 2002, of the average annual health costs for a Dow employee an estimated \$6,721 were attributable to presenteeism, \$2,278 to direct health care, and \$661 to absenteeism. A variety of studies confirm the health conditions that contribute most to lost productivity: depression, anxiety, migraines, respiratory illnesses, arthritis, diabetes, and back and neck pain. Employees with multiple chronic health conditions are especially vulnerable to productivity loss."

Harvard Business Review

HIGHER MORALE

Most analyses of workplace wellness programs focus on hard-dollar returns: money invested versus money saved. Often overlooked is the potential to strengthen an organization's culture and to build employee pride, trust, and commitment. The inherent nature of workplace wellness—a partnership between employee and employer—requires trust. Because personal health is such an intimate issue, investment in wellness can, when executed appropriately, create deep bonds.

Harvard Business Review

Avg Cost to onboard new employee: \$3,000-\$10,000

INVEST IN YOUR EMPLOYEES WELL-BEING