



WORK PLACE WELLBEING & WELLNESS



*Let's take a holistic look at your company and people.
Together we will create a strategy that everyone can feel good about.*

ROSA CASTANO



Over the course of my career, I have worked in all types of settings from small businesses, freshly minted startups, and large, diverse non-profit corporations. I spent the last five years as a seasoned expert in the Tourism & Hospitality field, leading sales campaigns across the country for two of the largest tourist industries in the Nashville, TN market. Like many others in the space, I was forced to pivot to a new path after the COVID-19 global pandemic put a halt to my tourism career. The shift allowed me to take the time to re-evaluate my career aspirations, landing me with an industry I have long been passionate about: the wellness industry. Throughout my years working successful careers in the tourism and corporate sectors, I knew wellness would always be a priority for my life. Outside of work, I completed a 200HR Yoga Teacher & 200HR Meditation Teacher training. My unique understanding of the stressors and joys of the workplace makes me an ideal expert for working with companies to help implement strategies that both benefit the people while also being conscious of the companies investment.

CEO & Founder
Rosa Castano



QUESTIONS WE WILL EXPLORE

1. HAVE YOU ASKED YOUR EMPLOYEES WHAT THEY ARE INTERESTED IN?

Simply asking the right questions will provide so much insight as to what your employees are seeking and their comfort level.

2. FREQUENCY OF INHOUSE WELLNESS CLASSES?

How much budget is allotted for an inhouse wellness experience?
What frequency level fits the budget? (It's more affordable then you think!)

3. WHY WORKPLACE WELLNESS IS SO IMPORTANT

In order to thrive in a competitive market, it is important employees feel they are valued just as much as the value they bring.

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-\$4,000

INVEST IN YOUR EMPLOYEES

SAMPLE WELLNESS OFFERINGS



GENTLE YOGA



GUIDED MEDITATION



MINDFUL EATING



WELLBEING WORKSHOPS



LET'S WORK TOGETHER!

I look forward to helping you and your company create a thriving and engaging wellness program. Through our 30 minute - 1 Hour consultation we can evaluate and create a wellness plan that best suites your people and budget.

\$350

- Evaluation of your company and needs
 - Employee Survey Worksheet
- Information on how to engage and incentive participation
 - Determine budget and best practices for company
 - Provide wellness connections for in-house needs

BOOK CONSULTATION

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BONUS OFFERINGS

1. ONE ON ONE WITH HIGH PERFORMING INDIVIDUALS

I work with CEO's, Founders, Artists, Influencers, to help create balance and wellbeing into their lives through movement, meditation, and mindfulness.