



Workplace Mental Wellness Experiences

1. ***SIGNATURE WORKSHOP- Tired of Feeling Tired: The Truth About Quality Sleep-** In today's fast pace life you may have convinced yourself that the need for sleep is over-rated and unnecessary. After the unique facts shared during this workshop it will leave the person motivated to alter their lives & to implement at least of the various tips offered during the workshop.
2. *** SIGNATURE WORKSHOP- Peel to Heal: MentAbility in the Workplace-** is an interactive experience for building capacity for both employers and employees. The focus is to bring relevant evidence-base information regarding mental health problems in the workplace while offering self-care strategies which can be implemented within their workplace setting and/or at home.
3. ***SIGNATURE WORKSHOP- Connect Four: Customizable Self-Care for All** is an interactive and highly engaging capacity building workshop for both employers and employees. The focus is to bring relevant evidence-base information regarding self-care within the workplace and/or at home. This workshop will be focusing on four (4) different approaches to self-care. Ensuring you leave understanding how you can nurture your wellbeing at home and within the workplace.
4. ***SIGNATURE WORKSHOP - Newcomer Stress: Relocating Healthy** in this webinar we will cover the mental health challenges involved in the process of relocation, being a newcomer. It covers cultural considerations regarding mental health concerns, trauma and self-care. Stages and phases of the stress response to watch out for during the relocation process.
5. ***SIGNATURE WORKSHOP- Formula for Care-Giver Stress: An Emotional Tune Up** Supporting someone living with mental health concerns can leave you feeling uncertain at times. This workshop will provide essential components for effectively supporting someone (family member and/or employee) with a mental health problem. Learning how to tune-into our needs and how to mindfully tune-out aspects that come to the care-giver process compassion is essential to the prevention of burnout and/or compassion fatigue.



6. **Optimization of Self-Care-** This interactive workshop will educate and guide your team(s) through a combination of office yoga (combination of Kemetec & Yin-yoga) and other mind-body approaches to improve your focus, relax your nerves, and inspire you to find ways to optimize your self-care within your workplace setting(s).
7. **Staying Afloat After the Wave of Change-** Corporations from all sectors are starting to realize that they need to equip themselves for effective change. This webinar will offer your team(s) practical & strategic tips for supporting them to acknowledge and be aware of the various emotions involved in transitions.
8. **Emotional Freedom Techniques, Trauma & Workplaces-** The psychological and physiological impact of an event is a subjective experience. Research constantly finds new discoveries regarding how trauma remains in our body through generations, impacting our functionality and mental health. Considering the impact trauma can have on our work productivity and emotional flexibility to maintain team moral it is essential that leaders, managers and employees learn how they can manage symptoms of trauma. This workshop will offer current information regarding trauma and unique ways to tap into ourselves to best manage various workplace traumas.
9. **Invasion of Digital Distraction and Our Mental Health-** This webinar focuses on an in-depth view of how the use of our multiple gadgets can impact our mental & emotional wellness. It moves beyond how it can impact our sleep and demonstrates how it impacts our self-concept, creativity and authentic connections, all essential for a healthy life-work balance.
10. **Breathe for More Ease-** a practical and diverse workshop which not only creates a platform to learn different breath forms, but your teams will learn when and how to implement them; providing an opportunity to build one's self-care tool kit. The breath is something we always have with us and knowing how we can use it to advance our emotional wellbeing both at home and the workplace is essential.



11. **Sorting the Pieces: Practical Ways the Busy Professional Parent Can Manage Stress & Anxiety**- This interactive workshop will focus how we can apply various strategies within the workplace and working at home. We will explore the physical & psychological benefits of various strategies. We will create a plan regarding how we can practice aspects from energy psychology, emotional intelligence and cognitive behaviour therapy.

12. **Indecision, Self-Sabotage to Clarity**- This workshop explores procrastination and how it relates to our emotional well-being. It will offer the opportunity to explore how we can shift our procrastinating tendencies and dives deeper into understanding how self-compassion improves our personal responsibility. Specific strategies to move away from self-sabotage behaviors will be offered resulting to enhanced productivity and happiness.

13. **Time Keeps on Slipping**- This workshop focuses on the differences of mindfulness and various forms of meditating. In the chaos of our minds learning how to apply these strategies could result in better productivity and workplace moral.

14. **Change Your Relationship with Anxiety Through the Practice of Yoga (Part 1 of 2)**
This two-part series will gently expose you to a new way of not only practicing yoga within your workplace, but how to embrace your anxiety. In this rapid moving society, it is easy to find yourself feeling overwhelmed. The mind is constantly racing and this can lead to frustration, exhaustion, and a lack of productivity. Gaining a deeper understanding about anxiety and learning how you can practice yoga "off the mat" is a powerful thing; expand your mind and bend into a new reality.

15. **Change Your Relationship with Anxiety Through the Practice of Yoga (Part 2 of 2)**
In part two of this two-part series (part one is not mandatory only advised), we will engage in more experiential learning. Through careful guidance, participants will learn to apply the principles of yoga when "off the mat" to shift their understanding of anxiety. Join us in order to deepen your body awareness, expand your mind and help create a reality for yourself that is based on wellness.

******All webinars are customized to meet the needs of your team(s). They can be tailored to be offered within 1-2 hours. Shorter versions available.***

****** Webinars can be pre-recorded into educational module/packages for your teams to view on their own schedule for an additional cost.***

******BUNDLE AND SAVE***