



**EMPLOYEE HEALTH & WELLNESS
EDUCATIONAL WORKSHOPS & WEBINARS**

Program Overview 2022



HEALTH & WELLNESS WORKSHOPS & WEBINARS FOR EMPLOYEES AND GROUPS

Providing education to employees specifically on how to improve eating habits, reduce stress, and increase healthy lifestyle activities like cooking and exercise. Workshops include education on how to implement better nutrition and life choices to create a healthier life, produce a more efficient day, and reduced stress in the work environment. It serves as a first step in allowing improvement in workplace health, and therefore experience many of the benefits described above.

Health & Wellness Workshops are a fun and informative forum for the discussion of healthy living utilizing an interactive approach to facilitate active learning and individual empowerment. This approach allows participants to engage in discussion and interact with other attendees through various exercises and brainstorming. Participants also

receive valuable handouts and giveaways to take with them, furthering their knowledge after the workshop.

The workshops & webinars are one hour in length and may be presented at multiple times to allow for the varying schedules of your employees. A small group format of 25 to 30 participants is recommended per workshop session and up to 500 participants can join in virtually for the webinars from any location. A series of 90+ corporate health & wellness workshop topics are available to choose from as well as customized workshops based on an organization's needs.

Health and Wellness Workshops are a win-win, helping employers reduce healthcare costs and employees improve their health and happiness.

These programs also make your organization more attractive to high-achieving employees and top candidates.

We provide professional, high-quality, educational Wellness Workshops that demonstrate how simple changes can have profound positive effects on an individual's life. For employees, the benefits include reduced stress and fatigue, fewer health problems, more energy, and even improved relationships at home and at work. For organizations, educational Wellness Workshops are an excellent part of an overall health and wellness initiative, because they are easy to implement and provide employees with information they can begin using right away.

The wellness workshops we offer are highly interactive, with lively presentations and discussions about healthy living and making better lifestyle choices with a busy schedule. Our goal is to empower people to take control of their health and make personal, positive changes one day and step at a time. Participants often share stories and support each other's achievements and challenges, which is why workplace Wellness Workshops often have greater success than programs employees initiate on their own. Every Wellness Workshop includes current research, handouts with practical tips, healthy recipes and an opportunity for your employees to ask questions about their unique concerns and challenges.

Workshops run 60 minutes and include 10 minutes for Questions and Answers. We can offer the same Workshop multiple times so that employees who work different schedules/shifts are able to attend with minimal work disruption or virtually via a Webinar to accommodate everyone. Our Workshops can be customized to meet your organization's goals, topics and individual employees' needs.

Wellness Workshop participants learn:

- Small Changes to Reap Big Health Improvements
- How to Reduce Stress and Achieve More Balance
- Incorporate Actionable Wellness Tips with a Busy Schedule
- Improve Focus and Concentration to Reach Goals
- Enhancing Overall Health, Longevity and Well-Being

Employers Provide Long-Lasting Advantages to Employees by Offering Professional Health & Wellness Guidance. Benefits to Employees Include:

Benefits to employees include:

- Reduced Stress & Anxiety
- Lower Blood Pressure
- Improved Sleep, Mood and Self-Confidence
- Enhanced Resiliency
- Healthier Eating Habits
- Less Fatigue and More Balanced Energy
- Increased Productivity
- Improvements in Other Areas of Their Life!



WELLNESS WORKSHOP & WEBINAR TOPICS FOR EMPLOYEES & GROUPS

We deliver engaging and professional onsite & virtual Wellness Workshops focused on balancing mental, emotional and physical health with the 5 Pillar of Health bringing into balance effective stress management, restful sleep, increasing resiliency, balancing healthy eating and incorporating physical movement. Choose from our depth of topics that have helped many companies and their employees begin living healthier lives!

STRESS MANAGEMENT: HEALTH & WELLNESS EDUCATIONAL WORKSHOPS

1. Stress Management: Healthy Habits to Manage Stress to Be More Present & Productive Wellness Workshop

This workshop is designed to help employees understand how stress impacts the body while orienting participants in new ways to modulate stress through a growing awareness of how to be more present and therefore less reactive in life. Stress is often associated with the messages we tell ourselves about inadequate ways to deal with conflict and its associated stress. The workshop seeks to teach participants ways to stay more centered by introducing relaxation and stress management skills such as deep breathing, quieting the mind, progressive muscle relaxation and the skills of meditation. By learning to calmly focus, frequently solutions “appear.” The class is partially didactic and will also include an experiential component instructing beginners as well as more experienced students in the art of meditation. Participants will go through a nourishing meditative experience and breathing exercise to hone new skills to use regularly.

2. Mindful Meditation 101 Wellness Workshop

Mindful meditation has been scientifically shown to reduce stress, decrease anxiety, decrease pain, boost the immune system, and promote positive changes in the brain. This educational workshop and seminar includes: an overview on the health benefits of cultivating a daily mindful meditation practice and a hands-on experience with mindful meditation, tools you can integrate into your life immediately and over the course of one’s lifetime for ongoing stress reduction, improved concentration and health.

3. Stress Management: Work/Life Balance Professional Wellness Workshop

Enhancing the productivity, effectiveness and happiness of individuals and companies by looking at how do you balance your professional life with your personal life? How do you focus on your family while putting as much energy into your career? For a lot of people, the pursuit of a healthy work/life balance seems like an impossible goal.

With so many of us torn between juggling heavy workloads, managing relationships and family responsibilities, and squeezing in outside interests, it’s no surprise that more than one in four Americans describe themselves as “super stressed.” And that’s not balanced—or healthy. In our rush to “get it all done” at the office and at home, it’s easy to forget that as our stress levels spike, our productivity plummets. Stress can zap our concentration, make us irritable or depressed, and harm our personal and professional relationships.

Over time, stress also weakens our immune systems, and makes us susceptible to a variety of ailments from colds to backaches to heart disease. The newest research shows that chronic stress can actually double our risk of having a heart attack. That statistic alone is enough to raise your blood pressure! While we all need a certain amount of stress to spur us on and help us perform at our best, the key to managing stress lies in that one magic word: balance. Not only is achieving a healthy work/life balance an attainable goal but workers and businesses alike see the rewards. When workers are balanced and happy, they are more productive, take fewer sick days, and are more likely to stay in their jobs.

This workshop provides the practical steps we can all take to loosen the grip that stress has on us and win back the balance in our lives.



4. Maintaining Work / Life Balance While Working Remotely Wellness Workshop

When you exclusively work from home, physical boundaries between work and your personal life can feel virtually nonexistent. Even if you're organized, it can still be difficult to successfully manage your career and a household in the same space, especially if you're raising a family, too. While it may not be possible for home-based business owners and workers to completely draw the line between personal and professional, there are ways to better integrate the different facets of your life. This wellness webinar delivers a strategy and tips for better work-life balance when you work at home.

5. Cultivate & Maintain Healthy Habits for Stress Management & Reduction Wellness Workshop

Whether working in Corporate America or slaving away as a full-time mom, it is all too easy to fall into an unhealthy lifestyle in this day and age. Do you often find yourself feeling depleted or discouraged? Have you been wanting to change your life for the better, but not sure where to start?

It's easy to get overwhelmed by the daily stressors that come our way. Pressure from work, raising a family, maintaining a home, and financial stability are some of the major stressors in life... along with all the smaller stressful situations that arise on a regular

basis. Coping with stress is essential on many levels, with your health being at the top of the list.

The good news is that just like your daily coffee and binge reruns of *Orange Is the New Black*, cultivating healthy habits is as easy as making a date with your bedroom after doing a lap around the produce section at the grocery store (with your shopping cart, of course). All of us need a little boost of motivation sometimes, so check out the healthy tips and lifestyle plan in this educational workshop and get ready to create some healthy new habits!

This workshop provides the practical steps we can all take to loosen the grip that stress has on us to cultivate lasting healthy lifestyle habits and cultivate health and balance in our lives.

6. Tools and Techniques to Reduce Anxiety Wellness Workshop

While it's normal to get nervous about an important event or life change, stress and anxiety are common experiences for most people. In fact, 70% of adults in the United States say they feel stress or anxiety daily. Although stress and anxiety may arise in your workplace and personal life, there are many simple ways to reduce the pressure you feel.

Everyone can benefit from other ways to reduce stress and anxiety with lifestyle changes such as eating a well-balanced diet, limiting alcohol and

caffeine, and taking time for yourself. Plus, there are steps you can take the moment when anxiety starts to take hold. This wellness workshop will review the tips and techniques that help get your mind away from the source of stress and anxiety.

7. Learn How to Incorporate the Power of Breathing Exercises to Reduce Stress & Anxiety Wellness Workshop

When you find yourself in a difficult moment, oftentimes the best thing you can do is just breathe! Breathing exercises can be practiced in stressful or upsetting situations to help calm the mind and body. Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax. The way you breathe affects your whole body. Breathing exercises are a good way to relax, reduce tension, and relieve stress.

8. The Health Benefits of Sleep and Tools to Combat Insomnia Wellness Workshop

Sleep makes you feel better, but its importance goes way beyond just boosting your mood or banishing under-eye circles. Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more. Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind and more.

Are you struggling with one or more of these symptoms?

- Difficulty falling asleep
- Waking up shortly after falling asleep
- Inability to sleep soundly through the night
- Stressful feelings even at rest
- Waking up too early but being unable to return to sleep
- The inability to sleep at all
- Sleep but wake up feeling fatigued

We're always on the lookout for ways to transform our lives, but sometimes we forget that — along with exercise — there's another miracle drug within our control: sleep. Our sleep problems are so bad that the CDC refers to them as "a public health epidemic." While a tiny percentage of the population does just fine on little sleep, those people are incredibly rare. Almost half the population doesn't get enough sleep: 40% of people sleep less than the recommended seven to nine hours a night (teens and children need even more). Getting more sleep would make our lives so much better.

9. The Benefits of Reiki for Stress Management Wellness Workshop & Group Reiki Session

Reiki is a technique for stress reduction and relaxation that allows everyone to tap into an unlimited supply of 'life force energy' to improve health and enjoy a good quality of life.

The knowledge that an unseen energy flows through all living things and is connected directly to our quality of health has been part of the wisdom of many cultures since ancient times. The existence of 'life force energy' has been verified by recent scientific experiments, and medical doctors are considering the role it plays in the functioning of the body, the immune system and the healing process in humans.

An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense, but it is transferred to the student by a Reiki Master. Its use is not dependent on one's intellectual capacity or spiritual awareness and therefore is available to everyone. It has been successfully to millions of people of all ages and national backgrounds.

A treatment feels like a wonderful glowing radiance that flows through you and surrounds you. Reiki treats the the whole person including body, mind, emotions, and soul and creates many beneficial effects including relaxation and feelings of peace, security and well-being. Reiki is a simple, natural and safe method of self-improvement that everyone can use. This workshop provides an overview of Reiki to the participants as well as taking the group through a session and instructing on how to use self-Reiki to create a sense of calm and balance in one's life.

10. Health Benefits of Aromatherapy with Essential Oils Wellness Workshop

Aromatherapy is an alternative form of holistic therapy that uses essential oils to help improve and balance you both emotionally and physically, while helping you to take time out for yourself, to be mindful and to reconnect with yourself, even for a moment. The aromas experienced through aromatherapy and essential oils have a dynamic effect on the mind and body.

The effect is experienced through the sense of smell which is linked to the deepest parts of the brain governed by your basic instincts, thoughts and emotions. On a physical level, essential oils help to ease muscular aches and pains, improve circulation, ease sinus congestion and act as a strong antioxidant.

Using essential oils in the workplace can reduce stress by over 30%! More than just stress-reducing aromatherapy, this 60-minute workshop is designed to provide your employees with the ins and outs of essential oils in the workplace. Learn how everyday oils like rosemary and lavender can improve concentration while Clary Sage can be used to help your creativity. Reduce stress, fight germs and get that much needed pick me up after lunch (without caffeine!!), oils are a great way for you to invest in a non-toxic and easy strategy to improve your culture of health.



11. Relaxation & Stretching Techniques to De-Stress at Your Desk Wellness Workshop

How your employees respond to workplace demands determines their stress level and overall performance. In this workshop, we will identify acute and chronic stressors because by beginning to identify and understand the sources of their stress, they've taken the first step in learning to better manage it. Then we identify simple stress management techniques and exercises they can use while at their desk from improving posture working habits, to incorporating breaks throughout the day for stretching, walking, drinking water and connecting with colleagues.

12. Ergonomics with Proper Body Alignment While Working Wellness Workshop

Ergonomics is an applied science concerned with the design of workplaces, tools, and tasks that match the physiological, anatomical, and psychological characteristics and capabilities of the worker. The goal of ergonomics is to 'fit the job to the person,' rather than making the person fit the job in addition to reducing musculoskeletal disorders with employees. This workshop explores and presents the goal of ergonomics with proper body alignment performing work tasks while sitting and standing working in front of a computer.

13. Structural Core Strengthening & Posture to Get Fit While You Sit Wellness Workshop

Busy schedules and family commitments can keep you from exercising. An important part of exercises is strengthening your abdominal and core muscles. This can improve your posture and protect your back from injury. But you may not always find the time to go to the gym. Instead, use times you're sitting and take mini breaks to work your abs. You can exercise your abs while sitting by doing targeted movements using a chair.

14. The Health Benefits, How to Incorporate and Perform EFT Tapping Wellness Workshop

Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupressure.

People who use this technique believe tapping the body can create a balance in your energy system and treat pain. According to its developer, Gary Craig, a disruption in energy is the cause of all negative emotions and pain. Though still being researched, EFT tapping has been used to treat people with anxiety and people with post-traumatic stress disorder (PTSD).

Similar to acupuncture, EFT focuses on the meridian points — or energy hot spots — to restore balance to your body's energy. It's believed that restoring this energy balance can relieve symptoms a negative experience or emotion may have caused.

Based on Chinese medicine, meridian points are thought of as areas of the body energy flows through. These pathways help balance energy flow to maintain your health. Any imbalance can influence disease or sickness. Acupuncture uses needles to apply pressure to these energy points. EFT uses fingertip tapping to apply pressure.

Proponents say the tapping helps you access your body's energy and send signals to the part of the brain that controls stress. They claim that stimulating the meridian points through EFT tapping can reduce the stress or negative emotion you feel from your issue, ultimately restoring balance to your disrupted energy.

15. Understanding the Benefits of CBD for Reducing Stress & Anxiety Wellness Workshop/Webinar

First things first: what is CBD? CBD stands for cannabidiol, which naturally occurs in hemp plants. It's one of many types of cannabinoids found in hemp, and it happens to be one that offers many benefits for our overall wellbeing.

Many people associate cannabinoids with marijuana, but CBD and marijuana are not the same. Marijuana contains a cannabinoid called THC, which results in a "high." CBD is a cannabinoid that is not psychoactive. It only contains trace amounts of THC, so it won't make you feel high.

What will CBD do for me? Long story short, CBD can be a great supplement for overall health and wellness. It supports a healthy immune system and brain function, and it promotes a healthy mood. It can even improve the appearance of your skin. In short, CBD supports what makes you, you.

How does it work? The endocannabinoid system (ECS) is a complex cell-signaling system that is believed to be responsible for homeostasis. Basically, it's believed to maintain the body's biological balance in response to environmental changes. This has far-reaching implications because endocannabinoid receptors can be found nearly everywhere: organs, the brain, immune cells, tissues, glands.

CBD is believed to affect the body's endocannabinoid system by targeting and stimulating these receptors, specifically the CBD1 and CBD2 receptors. CBD supports the healthy immune system, and we're just beginning to unlock the possibilities.

16. Gardening for Stress Management & How to Plant an Herb Garden for Healthy Home Cooking or Succulent Garden Wellness Workshop

Watch your garden grow and your stress shrink. If you're looking for a way to get some physical exercise, breathe deeply and relieve stress, look no further than your garden. Planting and tending a garden is an excellent way to alleviate stress and anxiety to create a quiet respite amidst a busy life.

Gardening is a great hobby that creates a bountiful opportunity for organic, delicious food, beautiful flowers and plants while creating a space to relax at home. Planting a garden produces a long list of benefits with little or no downside, including exposure to nature with fresh air and sunshine, offers a quiet place for contemplation and meditation and helps put things into perspective by cultivating living plants.

This workshop educates on the health benefits of gardening from a physical and mental perspective and then goes through the steps of how to plant a kitchen herb garden including the health benefits of eating herbs and how to cook with the harvested fresh herbs.



17. Grow Food at Home with a Vegetable & Herb Garden Wellness Workshop

Learn the tips and tricks to grow your own food! Vegetable and herb gardening at home is a great way to reduce your carbon footprint and get up close and personal with nature. Growing tomatoes and other favorite vegetables or herbs from seeds is not only eco-friendly but can save money, be meditative, and reduce stress.

We'll review the process from start to finish, including indoor/outdoor planting options, regular maintenance, and harvest. We'll review the fact that if each and every person in the United States gave up meat and dairy products on one or more days of the week, we would save the environment from thousands of tons of carbon emissions. There will also be a bonus recipe to make the perfect summer tomato quinoa salad with fresh herbs hopefully from your homegrown harvest.



18. The Road to Resilient Health Wellness Workshop

How do people deal with difficult events that change their lives? The death of a loved one, loss of a job, serious illness, terrorist attacks and other traumatic events: these are all examples of very challenging life experiences. Many people react to such circumstances with a flood of strong emotions and a sense of uncertainty.

Yet people generally adapt well over time to life-changing situations and stressful conditions. What enables them to do so? It involves resilience, an ongoing process that requires time and effort and engages people in taking a number of steps.

This educational workshop is intended to help participants with taking their own road to resilience. The information within describes resilience and some factors that affect how people deal with hardship. Much of the workshop focuses on developing and using a personal strategy for enhancing resilience.

19. Develop a Self-Empowerment Mindset Wellness Workshop

Having a self-empowerment mindset encompasses a sense of responsibility for your choices, having the motivation behind realistic optimism, a mindful focus on the present, and supports action and forward momentum that allows for the achievement of professional and personal goals for a positive life full of accomplishments, health & wellness.



BE KIND.
UNWIND.

20. The Importance & Health Benefits of Self-Care Wellness Workshop

What we put into our bodies on a daily basis is very important. It affects our quality of life. But food isn't our only form of nourishment. A major key to health is taking care of yourself in all aspects and is your most important task on this earth.

Taking care of yourself with loving nourishment isn't just important: it is crucial. "Me time" doesn't mean that you are selfish. It means that you are a human being who recognizes your personal needs for relaxation, pleasure and play. Recharging your batteries can become part of your daily ritual. Start with little steps towards self-nourishment and "me time," and soon you'll be inspiring others to take better care of themselves as well.

21. Managing Emotional Health & Well-Being Wellness Workshop

In the wake of all the coronavirus conversation, and the government urging shelter in place and social distancing, it's easy to feel a knock-on effect on your mental wellbeing. Even when you're totally healthy, not having social interactions can hurt both your physical and mental wellbeing. Studies have shown loneliness can lead to diabetes, autoimmune disorders (rheumatoid arthritis and lupus), and cardiovascular diseases. If you're already prone to depression, anxiety, and loneliness, you're hit even harder. And that's when life is normal, not in the current coronavirus culture. In this new world of telecommuting, self-quarantining, and seemingly incessant hand washing, the impact may be even more dramatic. This wellness webinar delivers effective ways to implement a self-care routine and strategy to maintain mental well-being during a time of limited to no social interactions.

22. Creating Balance and Well-Being During Times of Stress and Uncertainty Wellness Workshop

Obtaining the state of being comfortable, happy and healthy creates balance and is unique for each individual based on goals, ambitions and personalities. The world we live in is complex, filled with ups, downs and uncertainty. Understanding the requirement of wellness and the factors that influence this state, whether as an individual, community or nation, helps us to work together to improve the quality of our lifestyles. In this wellness workshop, we'll review the overall sense of well-being and balance in these key elements, physical, emotional or psychological, social, spiritual, intellectual, and economically and five simple ways to improve our overall wellness.

23. Avoid Burnout Before You're Already Burned Out Wellness Workshop

Just because burnout can happen at work or because of work, doesn't mean how you use your time outside of work can't help preventing it. When practicing good time management, we've seen that at the core, burnout prevention is about living out what is true about your body, your personality and your reality. You don't need a dream job. But in your overall life, you do need to find time to take care of your health, do things you find refreshing and have a sense of purpose. The closer you are to living your truth, the less likely you are to burnout.

There's no guarantee that if you follow the simple strategies outlined in this workshop that you will never experience burnout, however, you'll significantly reduce the likelihood of it, and that you'll get back to work more quickly after taking a break if you reach a burnout state.





PROFESSIONAL WELLNESS EDUCATIONAL WORKSHOPS

24. Time Management Professional Wellness Workshop

It seems that there is never enough time in the day. But, since we all get the same 24 hours, why is it that some people achieve so much more with their time than others? The answer lies in good time management. The highest achievers manage their time exceptionally well. By using the time-management techniques in this section, you can improve your ability to function more effectively – even when time is tight and pressures are high.

“Time management” is the process of organizing and planning how to divide your time between specific activities. Good time management enables you to work smarter – not harder – so that you get more done in less time, even when time is tight and pressures are high. Failing to manage your time damages your effectiveness and causes stress.

Good time management requires an important shift in focus from activities to results: being busy isn’t the same as being effective. (Ironically, the opposite is often closer to the truth.)

25. Critical Thinking Professional Wellness Workshop

This professional educational workshop reviews how to better manage data overload, the ability to analyze information objectively and make a reasoned judgment. Having a critical and analytical approach to things in order to provide an objective judgment is an important skill set in any professional field as well as making decisions in ones’ personal life to manage a family. We’ll review how to develop and strengthen the top 5 critical thinking skills.

26. Better Decision-Making Wellness Workshop

We make small decisions every day, like what to eat for breakfast and what to wear. Eliminating excessive options for these small decisions can lead to more ease and productivity in life. Big decisions have a meaningful impact on the trajectory of our lives. Some big decisions are expected, such as which school to choose, buying a house, or accepting a job offer. Many situations arise in life where you need to make a big decision that you weren't expecting or couldn't predict.

This workshop aims to help you make better decisions, whether it's in your relationships, career, starting your own business, or making a life-impacting change. When consistently done right, taking time using a systematic approach with the tools and skillset lead to making good decisions especially with big decisions. We can't make decisions for you—no one can, you have to learn to trust yourself—but this workshop will assist you with whatever comes your way.

27. Effective Leadership Skills Professional Wellness Workshop

Many individuals fall for the myth that great leaders are born and not made and this perspective limits personal growth and career development. Maybe you've also fallen for the myth that leadership is a skill reserved for an elite few, and in the process, cheated yourself out of a powerful opportunity for growth.

While all of us do have talents and traits inherent to the personalities we were born with, some of the most important components of a successful career can be learned, including effective leadership skills.

If you want to become more productive and efficient in your work environment and inspire others to do the same, start by focusing on becoming a stronger leader. The good news is, developing these skills doesn't require a special education or degree, or even an official management title; anyone motivated enough to grow can become a leader.

28. Tactics to Improve Negotiation Sills and Enhance Life Success Professional Wellness Workshop

It has been said that you do not get what you deserve, you get what you negotiate for. I'm sure you've seen this play out time and time again – in your own life and in the lives of others. Have you ever been in an employment situation where you were hired and thought you had an okay deal only to realize a colleague received a great deal?

Regardless of how skilled you are, chances are you can benefit from tips that position you to be a better negotiator. For example, if you are in talks to purchase a home and are wrangling among a seller, the seller's agent and your own agent, you could benefit from tools to help you remain calm under pressure and assert your wishes. If you are preparing to negotiate for anything this workshop will review the points on how to negotiate better to keep in mind to utilize prior to heading into negotiations.

29. Improving Teamwork and Collaborative Skills Professional Wellness Workshop

Teamwork helps us grow as people and accomplish more than we ever could on our own. Without teamwork, we wouldn't be able to build companies and organizations at all. So what, exactly, makes teamwork so important in the workplace?

Teamwork helps us in many ways. Without teamwork, many of our jobs would likely never get done. Along with teamwork, one of the most significant factors that contribute to any team's success is its ability to collaborate. Yet, collaborating isn't always easy. The ability to collaborate is an acquired skill. Working as a cohesive team doesn't come naturally. We have to work at growing together. We have to develop a flow in which our time, talent, personalities, and skills all come together to accomplish a goal.

How to improve your collaboration skills should be the focus of your professional growth. When we focus on growing in our ability to collaborate, we succeed in achieving our goals. The ability

to accomplish our goals is solely dependent on our ability to overcome our hang-ups, egos, and challenges long enough to become a cohesive team. The success of the organization happens when we decide to develop collaborative skills.

30. A Guide to Structure Effective Meetings Professional Wellness Workshop

The meeting that drones on and on; the meeting where everyone sits fiddling with his or her smartphone; the meeting that Doug from Accounting hijacks; or the meeting where almost everyone in the room is wondering the same thing: Why am I even here?

Meetings fill an increasing number of hours in the workday, and yet most employees consider them as a waste of time. According to a survey of U.S. professionals by Salary.com, meetings ranked as the number one office productivity killer. (Dealing with office politics was a close second, according to the 2012 survey.)

But there are ways to run effective, efficient meetings that leave your employees feeling energized and excited about their work. This professional wellness workshop will review the strategies and tips to structure time efficient, effective, and productive meetings.

31. Defining Your Life Goals Financial Wellness Workshop

You're human, at least that's the logical assumption. Chatbots may be mainstreaming, but it's likely you're a living, breathing individual reading this with real-world hopes and dreams. And stresses. Are my habits in alignment with my goals? Do I know what my goals are? Will I outlive my money, or will I be prepared for retirement?

Everyone asks these fundamental questions, but 20 percent of Americans know, and live, the secrets to financial and emotional confidence. So what's the secret? It's focusing on—and improving—four key areas: 1. Financial education; 2. Effective, ongoing

planning; 3. Finding a strategic partner that you can trust; and 4. Having the right solutions in place to help you achieve your goals.

Sound overwhelming? It's not. There are simple behaviors that can help everyone get on the path to greater confidence. So, take a step back and let's take 12 steps forward, one at a time, to set you on a path toward living confidently. Defining your life goals is a great way to begin boosting your financial confidence. Do you want to make more money? Retire early? Change careers? Start a family? Open a business? It's time to figure out the really important things in your life because they are the starting point for making smarter financial decisions.

32. Women & Investing – Women on the Verge Financial Wellness Workshop

Financial success is a goal for many, but women face unique barriers that can make that goal more challenging to achieve. This workshop explores these daunting challenges but also examines investing pitfalls that all investors should avoid when taking control of their financial futures.



MENTAL HEALTH & POSITIVE PSYCHOLOGY

WELLNESS EDUCATIONAL WORKSHOPS

33. How Improving Your Mental Health Will Help Your Overall Physical Health Wellness Workshop

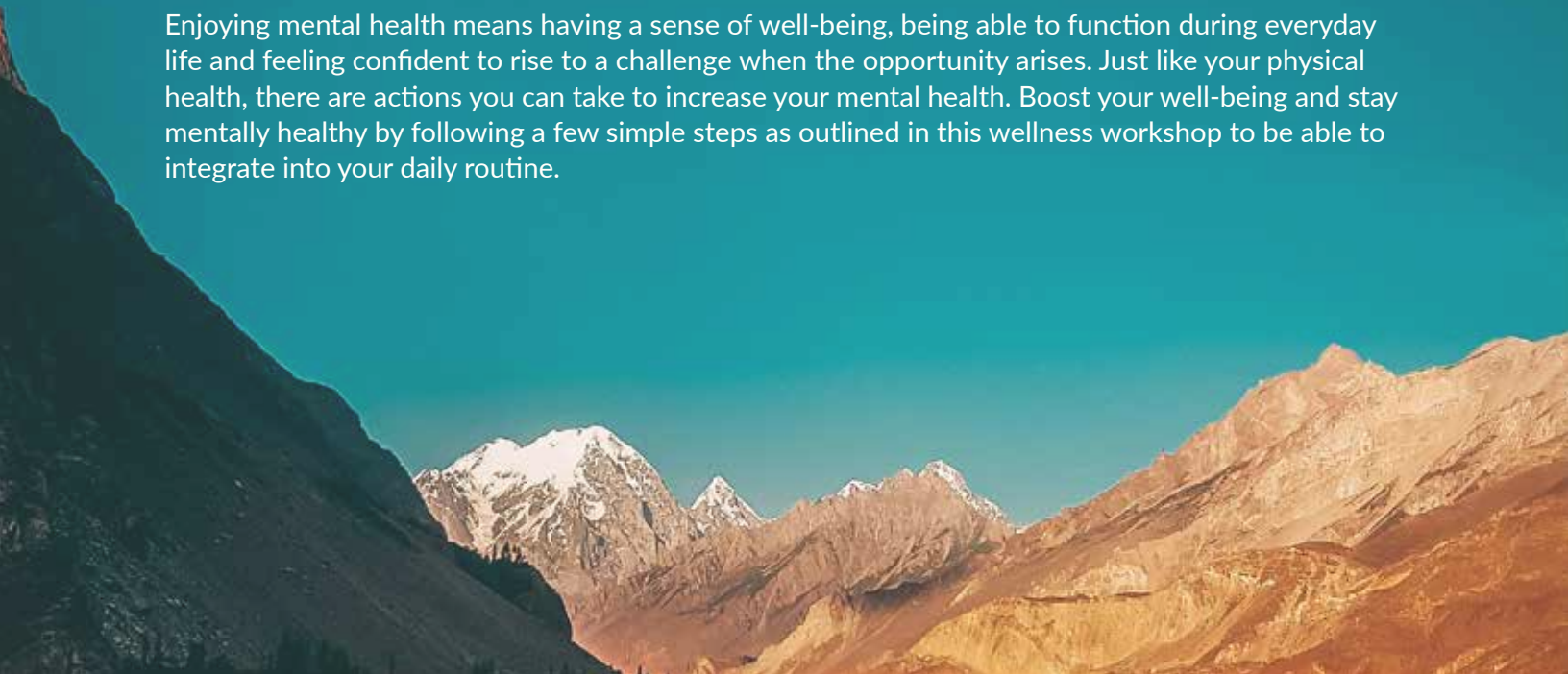
Scientists say improving your mental health can improve your overall physical health. It's more than just stress, your mind and body are connected in many ways. Experts say adequate sleep, regular exercise, getting outdoors, a nutritious diet, and mindfulness are all ways to improve mental health. It's not all in your head. Not even close.

Psychological health directly affects heart health, risk of stroke, and other conditions thought to be directly attributable to other external forces. A person's mind, heart, and body are all interconnected and interdependent in what can be termed 'the mind-heart-body connection.' Research has clearly demonstrated that negative psychological factors, personality traits, and mental health disorders can negatively impact cardiovascular health. On the other hand, studies have found positive psychological attributes are associated with lower risk of cardiovascular disease and mortality.

34. Tools & Tips to Stay Mentally Healthy Wellness Workshop

Mental health refers to your emotional and psychological well-being. Having good mental health helps you lead a relatively happy and healthy life. It helps you demonstrate resilience and the ability to cope in the face of life's adversities. Your mental health can be influenced by a variety of factors, including life events or even your genetics.

Enjoying mental health means having a sense of well-being, being able to function during everyday life and feeling confident to rise to a challenge when the opportunity arises. Just like your physical health, there are actions you can take to increase your mental health. Boost your well-being and stay mentally healthy by following a few simple steps as outlined in this wellness workshop to be able to integrate into your daily routine.



35. Feeling Lonely? You're Not Alone – Your Guide to Overcoming Loneliness Wellness Workshop

Loneliness has been on the rise for years, but we're finally seeing the severe impact it can have on physical, mental, and emotional health. The resolve for ourselves and our collective communities is a worthwhile pursuit. There's no bandage for loneliness. There is no antibiotic or vaccine, and green juice won't detox it from our lives. So what can we do to prevent loneliness from continuing its exponential evolution and disruption? Like any public health issue, we need to understand loneliness: what it is, why it exists, how it impacts us, and what we can do to manage or eradicate our own loneliness.

36. Why Self-Love Is the Key to Better Mental & Physical Health Wellness Workshop

To show up in the world as the best and healthiest version of YOU, you need to not only take care of yourself but love yourself wholeheartedly. It all starts with you! It's all about self-love, self-compassion, being kind, and cultivating softness toward yourself. And you, my friend, are about to become an expert on the topic. In order for you to be bursting and overflowing with love from within, it begins inward. Self-love is not selfish, and just like the quote says, you – as much as anybody else in the entire universe – deserve your love and affection.

In this wellness workshop, we'll review the 9 Self-Love Lessons to enhance mental and physical health & well-being that includes a worksheet with the exercises with each lesson for self-reflection and personal growth.

37. Helping Others – How Volunteering Benefits Your Health & Well-Being Wellness Workshop

Besides the obvious benefits of volunteering, like supporting your community, volunteering allows you to connect with people as well. Even helping with small tasks can make a large impact – think about cleaning up a local park. It takes maybe an hour or two out of your day but can improve the lives of your neighbors greatly.

Volunteering comes with a variety of meaningful mental and physical health benefits that may end up surprising you. It may seem selfish to think of volunteering in terms of your own well-being, but there's no harm in acknowledging that helping others can also benefit you in the long run. So long as your motives are pure, if the added personal benefit of volunteering is what gets you motivated, it's a win-win.

38. How to Find Lasting Happiness for Improved Health & Success Wellness Workshop

Because everyone has self-awareness, human beings know what it means to be happy or unhappy. This feeling is so basic that seeking happiness comes naturally. Yet for some reason happiness proves elusive and feeling that you can find permanent happiness can seem futile.

How can you be very happy? This is as much a matter of science as it is an art. The mind is made to experience life from a place of joy and contentment. In fact, positive words and thoughts actually activate brain cells and reverse the signs and mental strain of depression.

On the outside, when you see happy people, it just seems to be easy, like it's a personality trait. But in reality, they are always choosing happiness. Choosing to see the good, letting go of what they cannot control, and allowing peace to live in their life. This wellness workshop reviews the steps described to increase happiness as there's a good chance you can learn how to be a happier person.



39. How to Clear What Doesn't Serve You to Increase Productivity in Achieving Goals Wellness Workshop

Do you know how powerful the mind is? "We can invent, create, experience, and destroy things with thoughts alone," is a common saying. This is precisely why it's so important to clear what doesn't serve you and provide space for what does.

As an example, health is not just about what we're eating. It's also about what we're thinking, saying, and doing. The misconception that only genetics and eating habits determine our health is just that – a misconception. The conversation you have with yourself in the privacy of your own mind has a lot to do with your overall health. Unfortunately, our minds are often bombarded with trivial things that weigh us down, leaving little room for growth.

We spend so much of our life focusing on things and people that ultimately don't really matter. Just imagine if that energy and focus were redirected toward something and someone more important... you! By clearing what doesn't serve you, the opportunities are endless.

40. Adopting a Positive Mindset Wellness Workshop

The average person has an estimated 70,000 thoughts per day! Take a moment to think about the thoughts that run through your mind. Are they positive and uplifting? "Today is going to be an amazing day!" Or negative and self-defeating? "I don't have the energy to get through today. "Positive thoughts boost your mood, spirit, and tend to generate even more positivity and happiness in your life. Conversely, negative thoughts can create a domino effect of destructive energy. Falling into a spiral of negativity tremendously affects how you live your life and how others perceive you. Thankfully, you don't have to accept the negative internal chatter. Choose to switch to a happier perception and reach for better thoughts. It takes a little practice, but soon enough, your mind will gravitate to the brighter side of life. Practice cultivating a positive mindset with the tips that will be discussed and reviewed in this wellness workshop.

41. Back to the Office - Techniques to Help You Adapt into a New Routine Wellness Workshop

Our day-to-day life has completely changed since the Covid-19 pandemic. As we look into the future and how our lives will slowly adapt into post-pandemic life, the routines that we have fallen into may not fit into the world that awaits us. This webinar will cover small ways to help prepare yourself for the transition that we will all be experiencing; In-person conversations, returning to your doctor's office for non-emergencies and taking a long-awaited vacation. While we may all crave these things, let's unpack the anxiety that surrounds parts of our life that used to be mindless.

42. Mental Health: Is this "Normal" or Should I Talk to Someone Wellness Workshop

Mental health disorders are real, common and often treatable. It is estimated that approximately 1 in 5 American adults¹ (nearly 44 million people) and 13-20% of children living in the United States will experience a diagnosable mental health disorder in a given year. OCD, Anxiety, Depression, PTSD, Bi-Polar. All of these diagnoses are thrown around casually, but have you ever wondered if you fell on the diagnosable side of one of these? This webinar will break down common mental health diagnoses and ways that they sometimes present themselves in non-conventional ways. While this webinar is not a way to learn if you have a mental health disorder, you can learn more about what they look like and how to access the appropriate kind of care.

43. Managing Through Loss and Grief Wellness Workshop

Grief and loss do not discriminate. This webinar will help participants explore the various components of grief and loss. We will explore the variety of forms of grief and how it affects us physically, emotionally, cognitively and behaviorally. Participants will leave this webinar with skills to support themselves and others experiencing complicated and distressing grief.

44. Suicide Prevention Wellness Workshop

Suicide is preventable. This training will help you gain a full understanding of suicide, and how nearly 1 million people a year die from suicide. You will leave with basic knowledge of how suicide is represented in our society, explore common misconceptions, and learn how to identify and act on warning signs within yourself and others.

45. Assertive Communication: How to Get What You Want, With Skill Professional Wellness Workshop

Participants will learn how to identify their needs, process through how to communicate them in a productive and respectful manner. They will also learn the difference between passive, passive aggressive, and aggressive communication and how to identify if they have a tendency to use these instead of being assertive. Lastly, participants will understand how assertive communication is empowering, respectful, and kind to both themselves and those they work with.

46. Conflict Resolution: Facing the Problem Professional Wellness Workshop

Participants will learn how to identify and avoid triangulating others in the workplace into conflict and address the person(s) directly. They will also learn how to formulate confrontation and how to regulate emotions before, during, and after. Lastly, participants will learn how to process through “fear cycles” that can keep us stuck and cause us to not confront issues when we need to.

47. Incorporating the Top Three Positive Psychology Exercises to Increase Well-Being & Happiness Wellness Workshop

Positive Psychology provides positive interventions to enhance specific aspects of our personal wellbeing with proven strategies and personal exercises. Completing the exercises along with personal reflections provide participants with the skills to impact their personal and professional lives. There are three proven psychology exercises that increase happiness levels, providing results after just one week of implementation and practice. We'll review each of the three positive exercises in detail so that you can complete and integrate all three exercises into your lives, and notice how they affect your mindset, and ultimately, your actions and life satisfaction levels.

48. Increasing Self-Awareness to Boost Confidence, Success and Mental Well-Being Wellness Workshop

Self-awareness and mindfulness is associated with higher degrees of confidence, happiness, and overall wellness. When you are more emotionally regulated, you have more mental space for creative and positive thinking, and are more adaptable to the changes in life. The process of learning about yourself can actually be really fun. When the busyness or chaos of the world has disconnected you from your purpose and your joy, cultivating self-awareness provides the tools to reconnect. Self-awareness involves seeing ourselves clearly balancing internal and external components utilizing self-reflection having far reaching impacts on culture, diversity, equity, and inclusion (DEI), mental health and well-being, and performance.

49. Building Self-Compassion Over Self-Esteem to Lead to Professional and Personal Success Wellness Workshop

Think back to the last time you failed or made an important mistake. Do you still blush with shame, and scold yourself for having been so stupid or selfish? Do you tend to feel alone in that failure, as if you were the only person to have erred? Or do you accept that error is a part of being human, and try to talk to yourself with care and tenderness?

For many people, the most harshly judgmental responses are the most natural. Indeed, we may even take pride in being hard on ourselves as a sign of our ambition and resolution to be our best possible self. But a wealth of research shows that self-criticism often backfires – badly. Besides increasing our unhappiness and stress levels, it can increase procrastination, and makes us even less able to achieve our goals in the future. This workshop will review in detail that instead of chastising ourselves, we should practice self-compassion: greater forgiveness of our mistakes, and a deliberate effort to take care of ourselves throughout times of disappointment or embarrassment as a tool to increase future success and achievement both professionally and personally.

50. Knowing, Understanding and Building Upon Your Top 5 Signature Character Strengths for Success Wellness Workshop

Signature strengths refers to those character strengths that are most essential to who we are. While often simplified as “grit” or “self-control,”

character is more than simply individual achievement or a person’s behavior. It is a broad and complex family of thoughts, feelings, and behaviors that are recognized and encouraged across cultures for the values they cultivate in people and society. Character is the aggregate of who we are; it’s “what’s inside every one of us.”

Character strengths aren’t about ignoring the negative. Instead, they help us overcome life’s inevitable adversities. For example, you can’t be brave without first feeling fear; you can’t show perseverance without first wanting to quit; you can’t show self-control without first being tempted to do something you know you shouldn’t. The key is to identify your top 5 signature strengths and learn to use them in new ways to enhance professional and personal success and life satisfaction.

51. Cultivating Gratitude Wellness Workshop

There is a variety of things that can conjure positive feelings of appreciation or gratitude that may guide people towards meaning and better health. Gratitude is an emotion similar to appreciation, and positive psychology research has found neurological reasons why so many people can benefit from this general practice of expressing thanks for our lives, even in times of challenge and change.

Many of us express gratitude by saying “thank you” to someone who has helped us or given us a gift. From a scientific perspective, however, gratitude is not just an action: it is also a positive emotion that serves a biological purpose. Positive psychology defines gratitude in a way where scientists can measure its effects, and thus argue that gratitude is more than feeling thankful: it is a deeper appreciation for someone (or something) that produces longer lasting positivity.

We will explore all of the positive attributes of gratitude and how to cultivate a daily gratitude practice that leads to living every moment in a state of thankfulness and appreciation.





HEALTHY EATING & LIFESTYLE HEALTH & WELLNESS EDUCATIONAL WORKSHOPS

52. Whole Person Health Balancing Mental, Emotional and Physical Well-Being Wellness Workshop

Whole-person health is experiencing optimal physical, mental, emotional, and spiritual well-being. At its core, whole-person health is self-care. It's recognizing that your body has needs and taking action to meet those needs. It requires making choices that help you function optimally and thrive across different areas of life. Whole-person health is more than the food you eat, it's multidimensional with the focus on the five pillars of multidimensional health bringing into balance stress management, sleep, resiliency, healthy eating and physical movement. These five aspects of health are interconnected, and considering them all together, no matter which area of health you're currently focusing on, will help you find approaches that increase your overall quality of life.

Learn how to support your mental health for better stress management and decision-making, as well as how to lower anxiety and foster a positive outlook on the future. Emotional health is the condition of your emotions and includes your relationship with yourself and others as well as your ability to tune in to, accept, and manage feelings through challenges and change. Physical health is the condition of your body and includes everything from nutrition and the absence of disease to genetics and your fitness level.

53. 5 Pillars of Health & Well-Being Wellness Workshop

The world we live in is complex. Understanding the requirement of wellness and the factors that influence this state, whether as an individual or community, helps us to work together to improve the quality of our lifestyles. This wellness webinar provides an overview of the essential foundations of health & wellbeing to improve our overall wellness as well as how to integrate them into an overall healthy lifestyle increasing daily happiness & satisfaction by improving focus and energy.

54. Transform Your Health - 12 Steps to Create a Lifetime of Wellness Workshop

A healthy lifestyle is one of the most important factors for good health. Who doesn't want simple health tips that bring near-instant gratification? You can dramatically improve your health by making simple adjustments. Employees will discover the 12 steps for lasting healthy lifestyle changes that can have a dramatic impact on their overall well-being and vitality - from managing stress, improving sleep, better nutrition, increasing movement, and creating loving relationships. This workshop breaks it down into bite-sized pieces - delicious!

55. Healthy Lifestyle Habits Shown to Demonstrate a Life of Longevity Wellness Workshop

Many people think that life expectancy is largely determined by genetics. However, genes play a much smaller role than originally believed. It turns out that environmental factors like diet and lifestyle are key. Maybe the fountain of youth is a myth, but that doesn't mean all hopes of a long life are out the window. Find out what people living well in their 90s and beyond have to say about living a long and happy life.

56. Boosting Immune Health Wellness Workshop

Immune system health is on everyone's minds these days, but it should be a focus all the time. We are continually exposed to organisms that are inhaled, swallowed or inhabit our skin and mucous membranes. Whether or not these organisms lead to disease is decided by the integrity of our body's defense mechanisms, or immune system. When our immune system is working properly, we don't even notice it. But when we have an under- or over-active immune system, we are at a greater risk of developing infections and other health conditions. This wellness webinar delivers easy-to-use, proven health strategies that enhance the body's immune function.

57. Healthy Strategies with the New Working from Home Paradigm Wellness Workshop

Keeping a balanced healthy daily schedule and your nutrition in check can be tough when your home is your office. You feel comfortable and there's plenty of food available. And unlike in the office, you're free to graze all day and the fridge is all yours. But this habit can wreak havoc on your waistline, sabotage weight loss and halt your productivity. In addition, the work day runs longer without the regimen of getting up & ready to commute to work while collaborating & connecting with fellow colleagues throughout the day. This can however present the perfect time to adopt new healthy habits with the extra time each day to fit in workouts and home cooking.

58. Nutrition for Busy Working Professionals Wellness Workshop

No matter how much you want to make healthy choices, it can often feel like there simply isn't time. But it IS possible to be busy and maintain healthy habits. This workshop will cover tips to squeeze healthier choices into a jam-packed schedule, including simple changes and strategies, quick and healthy snacks, on-the-go meal ideas, and the best choices when eating out.

Educated Professionals are searching for a good quality of life and better wellness approaches. Fast-paced lifestyles are leading to an array of poor dietary choices and chronically stressful lives. We live in a stressful and fast-paced world with toxic burdens like polluted air, chemicals in our water, and an overabundance of unhealthy foods with artificial ingredients. Today's society is filled with people who are overfed and undernourished. As a result, the market is flooded with low-quality, ineffective vitamin and mineral supplements, and diet fads that do not support overall health.

Keeping your nutrition in check can be tough when your home is your office. You feel comfortable and there's plenty of food available. And unlike in the office, you're free to graze all day and the fridge is all yours. But this habit can wreak havoc on your waistline, sabotage weight loss and halt your productivity.

59. The ABC's of Healthy Eating: A Detailed Guide for Beginners Wellness Workshop

The foods you eat have big effects on your health and quality of life. Although eating healthy can be fairly simple, the rise in popular “diets” and dieting trends has caused confusion. In fact, these trends often distract from the basic nutrition principles that are most important. This is a detailed beginner’s guide to healthy eating, based on the latest in nutrition science. We’ll review and discuss Why Should You Eat Healthy, Calories and Energy Balance, Understanding Macro and Micro Nutrients, What Foods to Eat and Why Eating Whole Foods is Important, Foods to Avoid Most of the Time, Why Portion Control is Important, Tailoring Your Diet to Your Goals, and Making Healthy Eating Sustainable.

60. Healthy Meal Planning & Grocery Shopping Wellness Workshop

On Sunday morning, catching up on your sleep or cozying up on the couch for a Netflix marathon appeals much more than trekking out to the supermarket. But one quick trip is less stressful and time-consuming than attempting to navigate the produce section and express lane multiple weeknights after work. And if you go with an organized grocery list and meal plan, you never have to stare into your fridge wondering, “What’s for dinner?” or resort to take-out.

This workshop will show just how easy—and delicious and healthy—it can be, to use a grocery list and meal plan for a great week of healthy meals. No crazy ingredients or complicated recipes! And if you make the week’s recipes when you have time on Sunday, you can toss together the rest of the week’s meals in minutes by combining staples you have on hand with leftovers. You’ll have all the tools to make healthy meals at home fitting into a busy work week schedule.

61. Whole-Foods Plant-Based Eating Wellness Workshop

There are many arguments about which diet is best for you. Nevertheless, health and wellness communities agree that diets emphasizing fresh, whole ingredients and minimizing processed foods are superior for overall wellness.

The whole-foods, plant-based diet does just that.

It focuses on minimally processed foods, specifically plants, and is effective at stimulating weight loss and improving health. This educational workshop reviews everything you need to know about a whole-foods, plant-based diet, including its potential health benefits, foods to eat and a sample meal plan.

62. Diabetes Education & Prevention Wellness Workshop

This program is designed to help employees understand how Diabetes is a complex disease that requires daily self-management - making healthy food choices, staying physically active, monitoring your blood sugar and taking medications as prescribed. It is also important to talk regularly with your diabetes care team to problem solve, reduce risks for complications and cope with lifestyle changes. This workshop will focus on Diabetes prevention and how changing your lifestyle could be a big step toward diabetes prevention — and it’s never too late to start. When it comes to type 2 diabetes — the most common type of diabetes — prevention is a big deal. It’s especially important to make diabetes prevention a priority if you’re at increased risk of diabetes, such as if you’re overweight or you have a family history of the disease.

Diabetes prevention is as basic as eating more healthfully, becoming more physically active and losing a few extra pounds. It’s never too late to start. Making a few simple changes in your lifestyle now may help you avoid the serious health complications of diabetes down the road, such as nerve, kidney and heart damage. This workshop reviews the latest diabetes prevention tips from the American Diabetes Association. A healthy diet is central to the management of diabetes. When you have diabetes you have to know a lot about food because food affects your blood sugar, your body weight, and your heart health.



63. Sugar Blues: Conquering Your Sugar Cravings Wellness Workshop

The candy bowl at work is calling to you and you are at mercy of your will power. Or are you? We all crave sugar, but how much is in your head and how much is in our control? This workshop will focus on fun sustainable ways to curb your sugar cravings without depriving yourself of the things you love. We will examine what really goes on with sugar in the body and provide you with effective tools to balancing your sugar levels with ease. Learning to conquer sugar cravings will allow you to have more sustainable energy, so you have time to do more of the things you love with the energy you desire.

The growing number of people with diabetes and obesity is crippling our communities and workforce, not to mention employers' health insurance costs. Sugar can zap your energy, compromise your immune system and make you less productive on the job. I will provide simple steps and proven strategies to help your employees understand why they crave sugar (hint: it's not their fault!) and to break the habit. I share real-life success stories, the latest information on sugar alternatives, and recipes and fact sheets so your employees can keep learning long after the Workshop.

64. Cleanse & Detox to Recharge, Optimize Metabolism & Jumpstart Your Health Wellness Workshop

Imagine losing unwanted weight, feeling lighter, brighter and glowing from the inside out. Cleansing & Detoxing does not ever mean you are deprived. Cleansing & Detoxing does not mean you have to fast. Cleansing & Detoxing does not mean you have to only live on smoothie soups & Green Juice. Say goodbye to the toxins, excess weight and inflammation and say hello to simple weight loss, simple detoxification and a fabulous you.

More people are interested in Cleansing & Detoxing than ever before; and the New Year as well as the beginning of each season are excellent times to offer this Workshop. Your employees will learn the benefits of Cleansing & Detoxing, understand how to eliminate other "toxins" in their life, receive group support for a 7-day Clean Eating Detox program, and enjoy a day-to-day menu plan and more than 20 recipes! The Cleanse & Detox Workshop is fun, and helps jumpstart weight loss and health and wellness goals!

65. 25 Simple Tips to Make Your Diet Healthier Wellness Workshop

A healthy diet has been scientifically proven to provide numerous health benefits, such as reducing your risk of several chronic diseases and keeping your body healthy. However, making major changes to your diet can sometimes seem very overwhelming. Instead of making big changes, it may be better to start with a few smaller ones. This workshop discusses 25 small changes that can make a regular diet a little bit healthier.

66. The 25 Best Diet Tips to Lose Weight and Improve Health Wellness Workshop

Let's face it — there's an overwhelming amount of information on the Internet about how to quickly shed pounds and get in shape. If you're looking for the best tips on how to lose weight and keep it off, this seemingly endless amount of advice can be overwhelming and confusing. From the diets promoting raw foods to meal plans that revolve around shakes and prepackaged foods, a new fad diet seems to pop up every day.

The problem is, although very restrictive diets and elimination meal plans will most likely result in short-term weight loss, most people can't maintain them and end up throwing in the towel within a few weeks. Although losing 10 pounds (4.5 kg) in a week by following a fad diet may seem tempting, the reality is that this type of weight loss is often unhealthy and unsustainable. The real key to safe and successful weight loss is to adopt a healthy lifestyle that suits your individual needs and that you can maintain for life. The tips in this workshop are healthy, realistic ways to get back on track and headed towards your weight and fitness goals.

67. Health & Weight Management Benefits of Intermittent Fasting Wellness Workshop

Intermittent Fasting: How to Enhance Your Body's Ability to Burn Fat - Intermittent fasting is a powerful approach to eating that is becoming very popular because it can help you lose weight without feeling hunger, and help reduce your risk of chronic diseases like diabetes and heart disease. If done correctly, intermittent fasting can also lead to better sleep and lots of energy.

Intermittent fasting (IF) is currently one of the world's most popular health and fitness trends. People are using it to lose weight, improve their health and simplify their lifestyles. Many studies show that it can have powerful effects on your body and brain and may even help you live longer.

So far, research overwhelmingly supports this notion that ditching the "three square meals a day" approach in favor of intermittent fasting may do wonders for your health. This type of scheduled eating was practiced by our ancestors, since they did not have the frequent access to food that we have now.

Intermittent fasting is a type of scheduled eating plan where you adjust your normal daily eating period to an hours-long window of time without cutting calories. It doesn't specify which foods you should eat but rather when you should eat them. In this respect, it's not a diet in the conventional sense but more accurately described as an eating pattern. A Healthy eating plan utilizing intermittent fasting will also be reviewed during the educational seminar.



68. Incorporate Intuitive Eating for Overall Health Wellness Workshop

Intuitive eating is a method that is composed of ten principles to encourage people to stop fearing food and start honoring their bodies. Instead of having foods that are “off-limits” and labeling food as “good” or “bad” like diets often do, intuitive eating focuses on shifting to a mind-set that rejects the diet mentality and respects what the body needs. In addition, intuitive eating brings positivity into the act of eating, often referred to as food freedom.

It’s a mind-body approach to eating that involves listening to your body when it’s hungry and recognizing when you’re full. A major part of intuitive eating is building self-trust to make empowered food decisions instead of basing your food choices on your current emotional state or environmental cues. This method of eating is a practice of self-love that encourages you to appreciate your body for all it has to offer and the incredible ways it works each day. People who choose to eat intuitively may see positive effects, like increased overall happiness, feeling less overwhelmed about what they’re eating, reduced stress about their physical appearance, and more gratitude toward their bodies.

69. Welcome to Whole30 Transformational Eating Overview—Let Us Change Your Life

The Whole30 program is designed to change your life in 30 days. Think of it as a short-term nutrition reset, designed to help you put an end to unhealthy cravings and habits, restore a healthy metabolism, heal your digestive tract, and balance your immune system. It will change the way you think about food, it will change your tastes, it will change your habits and your cravings. It could, quite possibly, change the emotional relationship you have with food, and with your body. This workshop and overview on Whole30 can change the way you eat for the rest of your life. Tens of thousands of people have participated, and it changed their lives in a very permanent fashion.

The physical benefits of the Whole30 are profound. More than 95% of participants lose weight and improve their body composition, without counting or restricting calories. Also commonly reported: consistently high energy levels, improved athletic performance, better sleep, improved focus and mental clarity, and a sunnier disposition.



care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities.

The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health. You can dramatically improve your health by making simple adjustments. Employees will discover the lifestyle changes that can have a dramatic impact on their overall health and vitality - from nutrition, supplementation, and exercise to managing stress and creating loving relationships.

70. Know Your Numbers Wellness Workshop

You'd think that healthy people would be pretty easy to spot. But some health issues are more than skin deep. Most of us know our height and weight, and at a push can remember our age. But if asked the numbers that really matter, not many could answer.

High blood pressure, cholesterol, and blood glucose can be invisible to the eye. But we shouldn't ignore them. Too much pressure in your arteries can up your risk of a stroke, and high cholesterol can make you prone to heart disease. So it's important to get your figures checked out. With just a few simple tests you can discover if you need to make any lifestyle changes.

71. Cultivating a Heart Healthy Lifestyle with Optional Employee Screenings for Heart Disease Risk Factors Wellness Workshop

A healthy lifestyle is one of the most important factors for achieving and maintaining good health, especially heart health. Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable. Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year. This total includes the cost of health

Employee Screenings for Heart Disease Risk Factors:

- Onsite Pre-Screening for Metabolic Syndrome at the Lunch & Learn to Look at Waist Circumference for Central Obesity and Blood Pressure Levels.
- Ability to Make Appointments for Office Screenings to Include Fasting Glucose, Fasting Blood Triglycerides, and HDL Cholesterol Levels.

What is metabolic syndrome?

Metabolic syndrome is a cluster of metabolic risk factors. When a patient presents with these risk factors together, the chances for future cardiovascular problems are greater than any one factor presenting alone.

For example, high blood pressure alone is a serious condition, but when a patient has high blood pressure along with high fasting glucose levels and abdominal obesity, this patient may be diagnosed with metabolic syndrome. There is a greater chance this patient will have cardiovascular problems because of the combination of risk factors.

Metabolic syndrome is a serious health condition that affects about 34 percent of adults and places them at higher risk of cardiovascular disease, diabetes, stroke and diseases related to fatty buildups in artery walls. The underlying causes of metabolic syndrome include overweight and obesity, physical inactivity and genetic factors.

How is metabolic syndrome diagnosed?

- Metabolic syndrome occurs when a person has three or more of the following measurements:
- Abdominal obesity (Waist circumference of 40 inches or above in men, and 35 inches or above in women)
- Triglyceride level of 150 milligrams per deciliter of blood (mg/dL) or greater
- HDL cholesterol of less than 40 mg/dL in men or less than 50 mg/dL in women
- Systolic blood pressure (top number) of 130 millimeters of mercury (mm Hg) or greater, or diastolic blood pressure (bottom number) of 85 mm Hg or greater
- Fasting glucose of 100 mg/dL or greater

Although metabolic syndrome is a serious condition, you can reduce your risks significantly by reducing your weight; increasing your physical activity; eating a heart-healthy diet that's rich in whole grains, fruits, vegetables and fish; and working with your healthcare provider to monitor and manage blood glucose, blood cholesterol, and blood pressure.



72. Cultivate & Maintain GI & Colon Health Wellness Workshop

According to the American Cancer Society (ACS), nearly 100,000 people are diagnosed with colon cancer every year. While unavoidable risk factors like age and family history certainly play a role, you can take control over others risk factors, such as an unhealthy diet, a sedentary lifestyle, smoking, and obesity.

Research continues to delve into the link between diet and colon cancer to learn what foods you should eat and what foods you should avoid to help protect yourself. "It's been estimated that eating a healthy diet could prevent up to 70 to 90 percent of colorectal cancers," says Carol Burke, MD, a gastroenterologist and director of the center for colorectal polyp and cancer prevention in the department of gastroenterology and hepatology at Cleveland Clinic in Ohio.

A healthy colon is essential to an efficiently working digestive system and overall good health. When one segment of your digestive system isn't working correctly, it can interfere with the overall process of breaking down food and removing waste from the body. In this workshop we'll review specific foods that you should add to your diet for colon cancer prevention and others you should avoid when looking for ways to get and keep a healthy colon. Following these lifestyle suggestions may prolong your life by assisting with the risk-reduction of potentially preventable illnesses like Irritable Bowel Syndrome (IBS), diverticulosis, and colon cancer.

73. Healthy Lifestyle to Reduce Cancer Risk Wellness Workshop

About one of every three Americans will develop some form of malignancy during his or her lifetime. This year alone, about 1,437,000 new cases will be diagnosed, and more than 565,000 people will die of the disease. Cancer is the second leading cause of death in America, and as deaths from heart disease decline, it's poised to assume the dubious distinction of becoming our leading killer. Cancer is often unpredictable, but there are things everyone can do to help reduce their cancer risk or improve their chances of beating the disease if they do get it. It's well-accepted that your chances of developing cancer are affected by the lifestyle choices you make. So if you're concerned about cancer prevention, take comfort in the fact that some simple lifestyle changes can make a big difference. What's more, some of those same behaviors can also help lower your risk for other serious diseases, and boost your odds of living a longer, healthier life.

74. Breast Cancer Awareness and Reducing Risk Wellness Workshop

Other than skin cancer, breast cancer is the most common cancer among American women. In this Wellness Webinar we'll review the symptoms, risk factors, and fast facts of breast cancer, in addition to how to lower one's risk and the good news about breast cancer trends. There is no sure way to prevent breast cancer. But there are things you can do that might lower your risk, such as changing risk factors that are under your control. This can be especially helpful for women with certain risk factors for breast cancer, such as having a strong family history or certain inherited gene changes.

75. Skin Health & Safety Wellness Workshop

Your skin is your body's window to the outside world. Healthy skin is more than what meets the eye. Did you know that your skin is the largest organ in the body? Your skin is not only a vital protective layer, it's also a natural detoxifier that works to support your inner organs. Your skin is a visible reflection of what's happening inside your body and is an indicator of your overall health.

Longer, sunnier days are calling us outside (safely!) and as we all spend more time soaking up the sun, our skin can experience changes due to dryer conditions and UV ray exposure. We are also sweating out more water and exposing our skin to environmental factors such as pollen, airborne allergens, and humidity. Proper sun protection in addition to a nutrient-rich diet is critical to ensure that your skin is able to do its job as the body's barrier to the outside world.

This wellness workshop will review what we can do to get that smooth, glowing complexion, reflecting optimal health from the inside out as well as how to protect your skin and long-term health.

76. Staying Healthy During the Holidays—Holiday Survival Guide for a Healthy Season Wellness Workshop

The holidays are a special time of year to step back from your usual routine and celebrate the simple things in life, like family, good friends, and fun traditions. But let's face it, the holidays can also be a stressful time of year! The pressures of shopping, events, and family commotion can definitely take their toll. Holidays are known for culinary indulgence, but not necessarily for health-promoting foods. Regardless of what's on the menu, make the most of enjoying the festivities over meals prepared with love. The holidays are an excellent time to unplug from your usual responsibilities and enjoy a little rest and relaxation. Making sure to include some time to yourself amid the family frenzy will not only energize you, it will also rejuvenate you just in time for the New Year. Make the most of this holiday season by following the tips in this workshop for rejuvenating self-care, nurturing relationships, and enjoying wholesome foods.



77. Goal Setting to Cultivate a Year of Health & Wellness Workshop

We all have goals. Sticking to them is the problem. Case in point: While most people make New Year's resolutions, a 2007 survey of 3,000 people found that 88 percent fail to meet them. The missing piece, experts say, is goal setting.

Setting a goal might sound like a no-brainer. But when psychologists mention goal setting, they're talking about a process, and navigating that process divides the successes from the failures.

Goal setting is motivating as it helps people focus their effort on what they want to change. Plus, setting goals can work for anyone—from workaholics with little time to kids with short attention spans. Even if your resolve tends to crumble in the face of chocolate chip cookies, there are steps you can take to make sure this time it sticks ensuring goals revolve around a purpose in your life: What matters to you now? What is important?

This workshop outlines an effective and successful strategy and plan to follow to achieve health & wellness goals throughout the year that can be started at any time whether it's the beginning of the year, the middle or toward the end of the year. New healthy lifestyle goals can be established and achieved when the individual is ready to begin.

78. Green Tips for the Home Wellness Workshop

You can build a sustainable home, or you can make modifications to your home to make it green. Going green can be a gradual process and should not be heavy on your pocket or cumbersome to you and your family! Mindful usage of resources is the 1st step towards a sustainable ecofriendly and healthy lifestyle.

A green and healthy home supports the well-being of the people living there in many different ways. In this workshop participants will learn the elements of a green and healthy home that helps families consume less energy, and creates a home free of health and safety hazards.

79. Declutter Your Life for Better Health Wellness Workshop

Having too much clutter in your life can be a burden. A cluttered living space can zap your energy at home. A disorganized desk or digital life can be distracting. An overbooked calendar can be exhausting to maintain. Clutter in any shape or form can ramp up your stress without you even realizing it.

You have the power to declutter your life and choose what makes you happy. And doing so may actually improve your health and boost your mood. In this wellness workshop, we'll review the best strategies to declutter your home, workspace, and life as well as discuss the benefits of decluttering and living more simply including less stress, better focus, a cleaner healthier home, financial clarity, less conflict and more freedom both mentally and physically.



81. Cultivating a Healthy Lifestyle While Traveling & On-the-Go Wellness Workshop

Road Warrior and Hotel Health: Have employees who are always on the go? They'll love you for sharing valuable information on healthy travel tips to easily incorporate into a busy lifestyle to stay balanced. Many people complain that it's impossible to maintain a healthy lifestyle when they travel. It's really very easy to just buy something quick from the street (fast food, sandwiches, etc.) and skip exercising when you travel. It's certainly a lot easier to live healthy in a location where you have a clear routine and know where you can buy your food. This workshop teaches how to easily incorporate a healthy routine while traveling for work.

82. Healthy Relaxing & Fun Staycations Wellness Workshop

Have You Planned Your Staycation Yet? It's that time of year when people begin to ask you, "What are your plans this summer?" So, what are your plans this summer? Will you be traveling? Or will you be embarking on the most beautiful travel plan of all, the one in which you vacation to your own home? Given the fact that we are sheltering in place, large events gatherings have been cancelled, vacation spots aren't open, other countries aren't open to foreign travelers, and many of us aren't comfortable traveling, we'd like to suggest that you take, this summer, an edifying and guaranteed-to-please staycation? Why would you want to take valuable days off work and go nowhere? Oh, there are many reasons and in this wellness webinar we'll be reviewing how to have a healthy, relaxing and fun staycation.

80. Detox Your Life Wellness Workshop

Detox has become a buzzword, but what does it mean to detox and what are you detoxing from? Our bodies have become inundated with chemicals and toxins that we are not necessarily equipped to come in contact with. From juicing and cleanses to food and personal products, it's hard to know which detoxing trends really work and who to trust. Luckily, there's another way.

In this workshop, we'll break down everything you need to know about detoxing and what clean living really means. You'll learn how to detox by examining your daily routines and integrating detoxifying practices. We'll help you develop an empowering, sustainable way of living that energizes your mind, body, and spirit. By focusing on nutrition, beauty, home environment, and mind-body practices, you'll leave the course equipped with simple yet powerful strategies to work toward greater health one step at a time.

83. Wellness at Work: Tools and Tips for Healthy Eating in the Workplace—Smart Snacking, Eating Out and Packing Lunch Wellness Workshop

Optimize health in the workplace, leading to increased productivity and quality of life. Many employees fail to maintain their commitment to a healthy diet because they do not know how to eat healthy at work. Since they spend most of their waking hours at work, it's no surprise that their workplace nutrition habits have a major impact on your health. This workshop focuses on proper workplace nutrition to help them get ahead. There are many potential pitfalls and we provide clear and concise ways of maneuvering around them and staying on track with their health. We also offer tips on simple healthy snack and meals at work.

84. Healthy Eating: Increase Energy & Optimize Performance Wellness Workshop

To reach optimal performance when having a full time job is tricky; your fuel sources must be top quality. You also have different nutritional needs. Your daily nutrition must support all of the energy that your body gives out. Consuming the right type of nutrients at the right time can make or break performance and energy.

This workshop will teach how to eat for energy to allow best performance when juggling between work, sports and athletics.

One of my most popular workshops, "High Energy Eating," offers three easy steps employees can take right now to boost their energy the healthy way! I also show employees how to sleep better and make simple food changes for overall life improvement. Employees love learning how to take control of their nutrition (and the secret I reveal regarding why a certain morning ritual could be the #1 thing that is making them tired!) Real-life success stories, myth-busting tips and exercises with other participants make this a high-energy Workshop!

85. Healthy Eating: Incorporating Healthy Fats to Improve Health

Healthy Fats Help to Increase Energy, Lose Fat & Get Thin! Dietary fat, especially saturated fat, has been given a bad rap.

The purpose of this workshop is to clear up the confusion and evaluate the science behind dietary fat. Let's dig into the wide world of fats, to make sense of the different kinds and how they affect our biology. Fat is a complicated topic that inspires much debate among scientists and nutrition experts, but there's one thing everyone can agree on: There is no such thing as simply "fat." There are many different kinds of fats: some good, some good or bad, depending on certain factors, and some downright evil.

** Bonus: Incorporate an Avocado Toast Bar for the Employees/Attendees of the Healthy Fat Workshop for an additional \$300.00 up to 25 Participants*

86. Healthy Eating: Healthy Snacking Wellness Workshop

If you choose healthy, whole-food options with a lot of protein, fiber, healthy fats, and nutrients, snacks can be integral to a healthy eating plan and weight loss. Some can even help keep you full throughout the day and limit your cravings for unhealthy foods. What type of snacker are you? Do you need gluten-free snacks, or are you just looking for healthy snack ideas packed with protein and not too much sugar? Whether you're a purist who only eats whole foods, a foodie looking for new ideas, or a busy on-the-go professional, there's a healthy snack that will satisfy everyone. We'll be reviewing the following in this wellness workshop:

- How to develop healthy snacking habits with the knowledge, tools, and empowerment to do so.
- What makes a snack actually "healthy"
- The unique health benefits of a variety of specific snack ingredients.
- Easy-to-implement ideas for making a healthy snack at home.
- What to look out for when buying a packaged snack product.

87. Healthy Eating: Decoding Ingredients and Grocery Store Overview Wellness Workshop

It's easy to get totally confused by overwhelming food labels, even for an educated and savvy shopper. Boost your employees' confidence when shopping for their favorite food items. Nutrition is full of all kinds of nonsense and we'll decipher the code to make it easy selecting healthy delicious choices in addition to reviewing the top 13 nutrition lies that have made the world both sick and fat.

Choosing the right items from the local market can be simply overwhelming! Sadly, as more people express interest in becoming healthier, food manufacturers and products rely on using "healthy catch phrases" and even made up "buzz words" in an effort to make you think the same old processed food they've always made is now magically good for you. It's all too often, simply untrue! Did you know the average supermarket now stocks over 10,000 different items? Unfortunately, this ambiguous and misleading product labeling makes it hard to know what to buy. This workshop and set of handouts provide the tools to make healthy shopping an easy part of your weekly routine.

88. Healthy Eating: Healing the Gut – The Link between Digestive Issues and Optimizing Health Wellness Workshop

Many of the health complaints that plague adults—from impaired immunity to digestive distress and nutritional deficiencies—can be traced to a key underlying factor: poor digestive health. Research has found that 70% of the human immune system lives in the gut. Learn how digestion can be the root of many health issues and how to combat them. This workshop will teach how to improve digestion & elimination, decrease inflammation, restore balance to the digestive system & naturally boost the immune system with the right foods and supplementation.

89. Healthy Eating: Boosting Immune Function, Reducing Illness & Inflammation Wellness Workshop

Are your employees afraid of catching this season's flu bug? Want to reduce the severity of cold symptoms on your workforce productivity? This workshop delivers easy-to-use, proven health strategies that enhance the body's immune function. I will show your employees how to protect themselves, their families and their co-workers and stay healthier this season! I share super foods that boost the immune system.

Inflammation not only damages the body, but it is the root cause of many illnesses and a depleted immune system. Employees will receive practical tips on how to reduce risks and improve overall health through diet. Learning how specific foods influence the inflammatory process is the best strategy for containing and reducing long-term disease risks.

90. Healthy Eating: Relieving Mood Swings, Depression and Anxiety with Nutrition Wellness Workshop

Depression, anxiety, and mood disorders are devastating health problems today. When employees go to the doctor, their answer is often a prescription for one of the various popular anti-depressant drugs. Many doctors do not investigate for metabolic or nutritional deficiencies that may be the 'real problem' for depression. Patients have no idea why they feel so awful or where to start looking for the answer.

When suffering from depression or mood disorders there may be deficiencies in one or a combination of nutrients. Researchers have found that many people who suffer from depression, anxiety, and mood disorders are deficient in not just one nutrient but several, all contributing to the symptoms.



91. Healthy Eating: What to Eat for Optimal Brain Function Wellness Workshop

We can improve our brain health and functionality through what we eat. The food we eat matters to our grey matter. When and what we eat can affect our memory, our thinking, our lifespan and our happiness. In today's world, many of us are chronically eating, which is creating ongoing impacts and stresses on our bodies and brains — this makes sense if you consider we evolved as hunter-gatherers, eating only when we were able to find adequate food.

In this workshop we talk about some key nutrients for healthy brain cells, review a list of top genius foods you should be eating on a daily and regular basis, provide a framework to guide when you eat, and explain the effect of fasting on your mental state and metabolism. We'll explain what current research is saying about fasting, and how you can improve your health through connectedness.

92. Healthy Eating: Nutrition for Beautiful Glowing Skin Wellness Workshop

Eat your way to younger-looking skin. The foods in your kitchen are just as important for keeping skin soft, smooth, and glowing as the creams in your bathroom. Good nutrition is a fundamental building block of healthy skin. The natural ingredients in food help do everything from speed the pace of exfoliation to protect skin from the UV damage that causes brown spots and wrinkles.

This workshop reviews the recipe for complexion perfection starting with a well-rounded diet of healthy fats, sufficient protein, and lots of fruits and veggies. But it also includes a bevy of power foods that feed your skin in beautiful ways. As a bonus, these nutritional

superstars also do wonders for the rest of your body—build brainpower, lower cholesterol, improve sleep, and more. Ready to take the inside-out approach to beautiful glowing skin?

93. Healthy Eating on a Budget Wellness Workshop

Everyone wants to eat better but with the cost of food today can make this seem difficult. This seminar discusses how to shop and cook healthier on a budget for your family to get the best nutrition bang for your buck. This includes a discussion of saving money and still having quality. As a benefit how buying better quality food will help with health and energy issues. Handouts of healthy inexpensive foods and easy recipes are included.

94. Healthy Eating for Your Body Type Wellness Workshop

Whether you crave salty foods, sweet foods or a mixture of both, you have a unique metabolism type that impacts both your waistline and your personality. Understanding and eating for your metabolic type you'll look better, feel better and learn how to eat to stay healthy and lean.

Not only is food powerful medicine that can heal the body, it can also accelerate your metabolism. But here's the key: The food you choose must be dictated by your own unique metabolism. Groundbreaking research shows that just as you're born with a specific blood or body type, you're also blessed with a specific metabolic type. This means the same foods that keep you looking trim and beautiful could make someone else gain weight and look puffy or tired.

Most of us have been slaves to food in one way or another all our lives. Quite literally, what we eat controls every aspect of our existence -- how we look and feel, our range of productivity and performance, the quality of our emotional experiences, whether we stay well or fall prey to disease, even the quality of our sleep.



95. Optimal Health Through Hormone Harmony Wellness Workshop

If you crave more energy and vitality in your daily life, this program is for you. A simple, effective, straightforward group strategy session to help women who want to feel happier, healthier, lighter, and full of energy.

In this interactive session, participants will identify symptoms of hormone imbalance, learn strategies to start making sustainable changes and feel better than they have in years.

What You'll Get Out of the Session :

- An assessment that will help you determine your primary imbalances and how to treat them
- A step-by-step protocol you can share with your physician and plan for implementing it on your own
- Information about the 3 most powerful hormones and how to get them working together
- A map to help you stay on track when change feels difficult
- Techniques and strategies to help you double your energy
- Steps to handle life and stressors better
- Suggestions on how to sleep restoratively...and wake up rested and nourished
- How to amplify your happy brain chemicals and get your happy hormones playing on your team again
- What to do (and what to avoid) when you're trying to lose weight

Get on the fast track to soaring energy, better mental focus, healthier metabolism and an upbeat mood!

96. Women's Health & Wellbeing Wellness Workshop

Although both men and women may share some of the same health concerns, there are some that only affect women, or are more likely to affect women. In addition, certain medical conditions may affect woman differently than men, and so they require unique and individual attention. Women are nurturing with their partners, lovers, children, employers, and community. Women tend to focus on everyone else first and this workshop provides techniques to be nourishing and caring for you as a woman. We'll examine common health concerns for women, potential contributors, the importance of food, and what lifestyle habits are important to cultivate.

97. Men's Health & Well-Being Wellness Workshop

Although both men and women may share some of the same health concerns, there are some that only affect men, or are more likely to affect men. In addition, certain medical conditions may affect a man differently than women, and so they require unique and individual attention. Men are more likely to ignore health issues, concerns and warning signals being far less proactive about their health and prevention than women. We'll examine common health concerns for men, potential contributors, the importance of food, and what lifestyle habits are important to cultivate. By empowering men to prioritize their health and well-being it has a positive effect on those close to them at home and work.

98. Hypnotherapy Overview and Utilization in Behavior Shifts to Promote Health & Well-Being Wellness Workshop

Hypnotherapy, also referred to as guided hypnosis, is a form of psychotherapy that uses relaxation, extreme concentration, and intense attention to achieve a heightened state of consciousness or mindfulness. In other words, it places the individual into a "trance" or altered state of awareness. This form of therapy is considered alternative medicine with the purpose of utilizing one's mind

to help reduce or alleviate a variety of issues, such as psychological distress, phobias, and unhealthy, destructive, or dangerous habits (i.e. smoking and/or drinking). The aim of hypnotherapy is to create a positive change in an individual, while he/she is in a state of unconsciousness or slumber (sleep).

99. Opioid and Addiction Wellness Workshop

Prescription opioid abuse and dependence have escalated rapidly in the United States over the past 20 years, leading to high rates of overdose deaths and a dramatic increase in the number of people seeking treatment for opioid dependence. All opioids are chemically related and interact with opioid receptors on nerve cells in the body and brain. Opioid pain relievers are generally safe when taken for a short time and as prescribed by a doctor, but because they produce euphoria in addition to pain relief, they can be misused (taken in a different way or in a larger quantity than prescribed, or taken without a doctor's prescription). Regular use—even as prescribed by a doctor—can lead to dependence and, when misused, opioid pain relievers can lead to addiction, overdose incidents, and deaths.

This educational seminar will provide an overview of overview of what opiates/opioids are, the risks associated with their use, opioid addiction and the link with prescription drug use, understanding the opioid epidemic and where users and family members can find support.



CREATE YOUR OWN CUSTOMIZED WORKSHOP

If you don't see a topic in this list of health & wellness educational workshops, let us know what you'd like to have offered for your employees and group and we'll create a customized workshop for the wellness event.

Onsite Health Screenings & Assessments

Onsite health screenings and assessments can be scheduled and combined with a health & wellness workshop to create an event and day of preventative health with education to improve employee participation, wellbeing and outcomes.

Healthy Eating & Cooking Nutrition Station

Pair a Healthy Eating & Cooking Nutrition Station with fresh food selections that are relevant to the topic of the workshop to educate on the power of real food to transform health and help the body to perform at its absolute best.

Wellness Workshop + One-on-One Nutrition & Health Coaching Sessions

Pair One on One Nutrition & Health Coaching Sessions with the wellness workshop to create a day of wellness for the participants of the workshop to have personalized attention and healthy lifestyle action steps after the informational session to achieve the goals in the areas of their health that matter most to their well-being.

Rates for Onsite & Virtual Corporate Health & Wellness Educational Workshops

\$450.00 per Workshop

for an Onsite or Virtual Single Workshop / Webinar

\$400.00 per Workshop

for Onsite or Virtual Multiple and Ongoing Monthly
and Quarterly Workshops / Webinars

\$650.00 per Mental Health Workshop

with a Licensed & Certified Mental Health Professional

\$500.00 per Specialty Workshop /

Webinar with a Professional Trainer

\$575.00 per Pre-Recorded Workshop /

Webinar with Unlimited Access for 6 Months

\$375.00 Additional per Recording per Live Workshop /

Webinar Class with Unlimited Access for 6 Months

\$375.00 Additional per Workshop

for a Recorded Webinar with Unlimited Access for 6 months

\$300.00 Additional per Workshop

to Create a Customized Workshop / Webinar

\$300.00 per Workshop

when Paired with a Healthy Eating & Cooking Nutrition Station

**Includes the cost of coordination, preparation, delivery
and handouts per workshop and class.*



Contact Us!

Schedule an Initial Consultation to Review
Employee Health & Wellness Workshops & Programs

Health & Happiness,

LISA FARLEY, INHC, AADP, RYT 200

FOUNDER & HEAD HEALTHY PERSON

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917.714.1970

LISA@FLURISHWELLNESS.COM

FLURISHWELLNESS.COM