



## SILVER - A FOCUS ON MOVEMENT

### Online Personal and Professional Development

- Focus on Movement to mitigate stress & increase energy
  - Based on the needs assessment, we design a comprehensive workplace wellness program that addresses the identified areas of concern.
- 90-minute live session of accessible movement with modifications
- Access to the self-paced **Beginners Yoga online course**
- **Investment**
  - **\$7,500**

## GOLD - A FOCUS ON MINDFULNESS

### In-Person and Online Professional Development Series

- Focus on Mindfulness to reduce burnout & expand engagement
  - We will develop a communication strategy to promote the workplace wellness program and encourage employee participation.
- Create a unique **Workplace Wellness Program**
- Includes the Silver package support
- **Investment**
  - **\$27,500**



## PLATINUM - A FOCUS ON MINDSET

### In-Person Professional Develop Session and Online Coaching

- Focus on Mindset to alleviate anxiety & foster growth
  - We will incorporate team-building elements into the workplace wellness program to foster camaraderie among employees.
- Includes Silver and Gold package support
  - **Beginners Yoga online course**
  - **Workplace Wellness Program**
- Group Mindset Coaching
  - One four-hour in-person group coaching session
  - Three months of weekly one-hour coaching sessions
- **Investment**
  - **\$55,000**

