

Education *Sessions*



Whether you are looking for an impactful group experience **onsite** or to reach employees **virtually**, the **Wellness Collective** team can meet you where your needs and people are. Explore the topics in this menu (listed by category) and you'll find a spectrum of inspirational and educational offerings available. Sessions are generally 45 – 60 minutes in length.

To best navigate the menu, utilize this table of contents and search by keyword throughout to discover topics that would be relevant and meaningful to your team(s).

Looking to discuss further? Contact info@wellnesscollective.com or **(614) 523-3213** to continue the conversation.

Behavior Change & Habit Support

Accountability, Coaching,
Sustainable Change

Going Passionately!

How & Why to Overcome Common Passion Problems

What the world needs now is people who are passionately (and purposefully) living their best lives, thus inspiring others to do the same. What would it look like to live life more passionately, pouring yourself into interests and activities that transform the lives of yourself and others? This program is dedicated to just this and supports you in making that magic happen immediately within the workday. Look forward to clarifying and cultivating your very own passion project – one that ignites joy, energy and motivation in your mind, body, spirit, environment and community. Together, we'll explore ways to fuel consistent action day-after-day ... ultimately bringing greater passion your way!

Habit Stacking for Success

Proven Ways to Layer & Leverage Healthy Habits in Your Life

Learn how to adopt new, healthier behaviors (and make them stick) by leveraging your existing patterns and strengths. Join us for an insightful conversation around human motivation, behavior change basics and several ways to layer the habits you want into your life. Old habits may die hard, but it is possible to set the stage for success with a few foundational practices. Come prepared to explore your biggest opportunities and then get ready to swing into action with specific next steps.

Quit Clinic – Option 1

Support Yourself & Others in Quitting Tobacco or Vaping

Quitting a long-standing habit is never easy – this we acknowledge. Yet you don't have to navigate that process alone. It is proven that people who are in the contemplative stage (thinking about quitting) benefit from receiving information around the quitting process and what to consider prior to taking steps toward quitting. This Quit Clinic is a fast solution for providing information and education on quitting combustible or smokeless tobacco, as well as vaping.

Quit Clinic – Option 2

Support Yourself & Others in Quitting a High-Risk Habit

Quitting a long-standing habit is never easy – this we acknowledge. Yet you don't have to navigate that process alone. It is proven that people who are in the contemplative stage (thinking about quitting a habit) benefit from receiving information around the quitting process and what to consider prior to taking steps toward quitting. This Quit Clinic is a fast solution for providing information and education on quitting a high-risk habit (including additional insights related to combustible or smokeless tobacco, as well as vaping).

Fitness, Movement & Mobility

Energy, Injury Prevention,
Movement for Longevity

Better Biomechanics

Sit, Lift, Bend & Twist to Improve Health, Decrease Pain & Increase Mobility

Repetitive movements paired with poor postural habits can lead to imbalances in the body and chronic pain. Come and learn how mindful sitting, lifting, bending and twisting can help to reduce your risk of injury, establish healthier movement patterns and heal aches and pains.

Find Your Flow

Supportive Strategies to Win the Day at Work & Home

What is flow? How do you find it? What are the benefits? As working adults who wear many hats, let's collectively uncover several simple ways to leverage time, energy and talents all day long. By finding and staying "in the zone" you might just find that energy goes up and distress goes down – and that's how we win the day at work and home. Join us for meaningful discussion around this trending topic. Hope to see you there!

Love Your Heart

Explore the Heart-Brain Connection & Other Healthy Heart Habits

In celebration of **American Heart Month**, join us to learn more about mind/body connection and the powerful relationship between your heart and brain. Additionally, we'll review several incredible ways your lifestyle can best support heart health all year long.

Minds in Motion

Explore the Incredible Impact of Exercise on the Brain

Movement can powerfully and positively impact the brain and how it functions. Researchers have linked movement patterns and aerobic activity to improved creativity, focus and cognitive function. Be inspired to exercise for the benefit of feeling better, not just looking better, while supporting brain health and cognitive function as you age.

Swing Into Action

Tactics to Stay Motivated, Effective, Efficient & Action-Oriented

There's a saying that "the best motivation is action." Join us to discover tactics for driving urgency, impact and results by taking imperfect and relentless action. This session uncovers the dangers of getting stuck in the cycle of overthinking, i.e. knowing the big benefits of the goal at hand yet still not taking that first step. Let's look at how to adopt a satisfying, high-performance day characterized by less overthinking and more doing, being and achieving!



Food & Nutrition

Energy, Healthy Habits,
Myth-Busting, Weight Management

Back to Basics

Nutrition Fundamentals to Improve Health & Body Composition

This session provides a helpful overview of the fundamentals for optimal nutrition. Focusing primarily on macronutrient basics, this session helps to clarify misconceptions while also highlighting practices for reducing body fat and increasing lean muscle mass. We look forward to addressing your burning nutrition questions, too!

Eating for Energy

Don't Let Life Weigh You Down

This is a lifestyle approach – not a fad diet – that supports a healthy relationship with food. It's based on eating whole foods mindfully to stabilize blood sugar, which maximizes both nutrition and energy. Complimentary practices around mastering stress, moving more, sleeping better and enjoying healthy indulgences truly set the stage for sustainable success. Join us to learn more!

Facts on Food

Uncover 10 Common Food Myths

How do you sort through all the facts and fiction online when it comes to healthy eating and getting the results you're after? It's overwhelming, isn't it? While some experts adopt an "eat this, not that" mindset, Facts on Food focuses on sharing the latest evidence around current hot topics. Join us as we uncover 10 common misconceptions related to nutrition while also addressing many frequently asked questions.

Healthy Holidays

Enjoy Better Balance with Food, Fun & Festivities

Learn how to leverage healthy holiday habits (in and out of the kitchen) along with some of our favorite healthy indulgences. From cooking and entertainment to activities and games, we have tips and tricks to maximize fun, flavor and nutrition all year long. Look forward to all the joy and none of the guilt!

Intuitive Eating

Guiding Principles to Nurture a Healthy Relationship with Food

This session is a comprehensive, evidence-based program that will help you to cultivate a profound connection with your mind and body, stop feeling distressed about food and start paying attention to hunger and satisfaction cues. Cultivated from the evidenced-based work of leading experts in nutrition and disordered eating, you'll learn strategies for increasing awareness and developing a new way of looking at food. Upon progressing through the principles, you'll gain tools for adopting sustainable lifestyle practices that support you physically, mentally and emotionally.



Food & Nutrition

Energy, Healthy Habits,
Myth-Busting, Weight Management

Mindful Eating

Tune In to the Effects of Food

Mindful eating can support a variety of efforts including “non-diet weight management,” healthier eating patterns and a greater awareness of your body’s response to certain foods. By tuning in to this connection, and noticing opportunities, it’s possible to better understand which foods are serving your body well and which foods may be causing distress. Key learning objectives include improving mind/body awareness, beginning to address chronic symptoms and exploring food allergies, intolerances and sensitivities.

Nutrition, Fitness & Lifestyle (NFL)

Navigate Solutions for Busy, Working Adults

Join us in exploring 10 tips for getting maximum results from your daily choices. Look forward to feeling re-energized and recommitted to making your nutrition, fitness and lifestyle an important part of your day!

The 21-Day Quickstart

Nutrition Know-How to Jumpstart Results

Learn the dangers of diet culture and why fad diets often lead to missed opportunities and lackluster results. Instead, let’s prioritize small ways to make a big impact. This session provides a framework and targeted healthy strategies (for a series of three weeks) with the intention of setting the stage for short-term and long-term benefits. Look forward to adding powerful nutrition to your day and life, rather than focusing on what you can’t or shouldn’t have.



Health Awareness, Biometrics & Preventive Care

Chronic Disease Prevention,
Informed Healthcare, Risk Reduction

Beyond Biometrics

Move Past “Knowing Your Numbers”

A great first step in health care and self-care is “knowing your numbers.” Once you do, it’s time to understand your biggest opportunities and how to make small, sustainable lifestyle modifications to maintain or improve those numbers over time. Join us for a discussion around biometrics and how to get the best outcomes possible (for feeling and functioning at your best) while reducing risk of chronic disease.

Empowered Healthcare

Simple Steps to Become an Informed & Empowered Healthcare Consumer

The United States spends as much as 25% of its healthcare budget on medical care resulting from unhealthy habits and other modifiable behaviors such as smoking and obesity. Studies have shown that poor health habits, paired with excessive stress, cost at least \$3,000 per person per year. By focusing on primary and preventative care, those high-treatment costs can often be avoided.

Get involved and join us to learn how to reduce healthcare costs through prevention and supportive lifestyle practices.

Integrative Health & Immune Function

Lifestyle Habits to Amp Up Your Immune System

Boosting immune function is likely to be a trending health topic (and priority) this year and beyond. There are many ways to strengthen and support your immune system through daily health care and self-care practices. Join us for a review of the basics (balanced nutrition, more movement and great sleep), in addition to integrative insights across the four domains of wellness – mind, body, spirit and environment.

Men’s Health Matters

Focus on Men’s Well-Being

Men face some unique health concerns – making both awareness and strong preventative care essential. Waiting to access care, or until there’s an emergent issue at hand, can potentially add unnecessary stress and risk. **Men’s Health Month** provides an ideal opportunity for education, screening reminders and a review of healthy lifestyle practices for long-term health and well-being. Join us to learn more!



Health Awareness, Biometrics & Preventive Care

Chronic Disease Prevention,
Informed Healthcare, Risk Reduction

Metabolic Syndrome

Increase Awareness & Plan for Improvement

According to guidelines used by the **National Institutes of Health**, you have **Metabolic Syndrome** if you have three or more of these traits or are taking medication to control them: large waist circumference, high triglyceride level, reduced high-density lipoprotein (or “good” cholesterol), increased blood pressure and/or elevated fasting blood sugar.

Attend this session to gain a greater understanding of **Metabolic Syndrome** and steps you can take to make targeted, positive changes.

Women's Health

Balance Hormones for Health & Vitality

Hormones are part of a network controlling the function of every organ and cell in the body, and hormonal balance is vital to a healthy mind and body. Imbalances caused by poor nutrition, stress, toxins and lifestyle factors like lack of sleep and/or exercise can be balanced. In this session you will learn about major hormones in the body, signs of hormonal imbalance and ways to create greater balance through practical and healthy lifestyle habits.



Interpersonal Development, Communication & Culture

Empathy, Retention, Safety,
Team Dynamics

Communication for the Win

Methods to Cultivate Clear & Considerate Communication

Communication types and styles are profoundly impactful to experiences of work and relationships. By tuning in to both your and others' communication patterns, there's so much to learn. Join us to discover how communication strategies and simple shifts can positively impact outcomes personally and professionally.

Compassion & Grief

How to Walk the Path of Grief

This educational session examines the deeply personal experience of grief and workplace considerations for those struggling with loss. Perhaps you've heard of the "stages of grief" and are seeking to understand the meaning, how one works through the stages and how to respond in a caring, compassionate and connected way. Using the findings of grief researchers, this session highlights evidence-based support strategies, examines additional stages to the traditional model and sheds light on the unique nature of grief in and out of the workplace.

Crisis Prevention & De-Escalation

Navigate Key Components of Safety & Security in Times of Crisis

This educational session explores how an event develops into a crisis, the components of a crisis and active ways to reduce the likelihood of an escalating event in the workplace. A variety of crises develop in a consistent way, and thus specific supportive strategies can be implemented to decelerate an escalating event.

This session will break down key components to support the safety and security of the person in crisis and others involved, as well as identify means to support physical and mental well-being before, during and after a crisis occurs.

Cultivate Connection

Lean into Relationship-Building for Greater Health & Happiness

It's proven that people need people. In a time when life is so very virtual, it's beneficial to your physical, mental and emotional health to become (or stay) socially connected and supported. Let's explore the power of relationships and how staying connected to a supportive community enables humans to thrive and cultivate meaningful experiences.



Interpersonal Development, Communication & Culture

Empathy, Retention, Safety,
Team Dynamics

Healthy Communication Habits

Explore Tools to Better Collaborate & Overcome Conflict

Several key components in the workplace can cultivate an increase in job satisfaction, a sense of security and protective factors against destructive behaviors: open, non-judgmental communication, a sense of belonging and respecting others. Research shows that encouraging colleagues to interact throughout the workday fosters better engagement and contentment at work. This session takes a deeper dive into the basic communication skills that support emotional well-being, the communication principles that strengthen connection and direct questions you can ask to mitigate unhealthy and dangerous outcomes. You will leave this session with a greater understanding of the power of presence and relationships at work. Key learning objectives include exploring various communication types and styles for effective exchanges at work and home, learning how to strengthen relationships through intentional use of communication and understanding how to effectively navigate difficult conversations.

Psychology Safety in the Workplace

How to Create a Culture Where Everyone Feels Seen, Heard & Safe

This session seeks to strengthen understanding around psychological safety in the workplace: what is it, the risk factors impacting it and warning signs that warrant attention and immediate response. Additionally, these learning exercises explore how to build resiliency by incorporating protective factors known to benefit the workplace community. Through thoughtful, open discussion, this session aspires to create a supportive space in which safety, security and overall mental health are explored.

The Awkward Conversation

Support Colleagues' Mental Health through Communication

Several key components in the workplace can cultivate an increase in job satisfaction, a sense of security and protective factors against destructive behaviors. These components include open, non-judgmental communication, a sense of belonging and an environment of respect. Furthermore, research shows encouraging colleagues to interact throughout the workday fosters better engagement and contentment at work. This session takes a deeper dive into the basic communication skills that support emotional well-being, the communication principles that strengthen connection and direct questions we can ask to mitigate unhealthy and dangerous outcomes. You will leave this session with a greater understanding of the power of presence and relationships at work.



Leadership, Growth & Performance

Engagement, Leadership
Development, Motivation, Mindset

Coaching for Change

Ready, Set, Grow!

Motivation, support, encouragement, accountability and healthy challenges matter! These variables collectively impact how you think, feel, communicate and perform personally and professionally. Research shows that relationships are integral to health and human flourishing – and partnership with a compassionate coach is equally supportive. Let's look closer at human motivation and stages of change to discover how coaching can set the stage for short-term and long-term success!

Cultivate Confidence

Practices to Strengthen & Leverage Self-Efficacy

This session takes an in-depth look at key drivers of confidence to support you in developing and applying a personalized plan. By leaning into this important variable, everyone wins – you, your teams, your organization and your clients. Key learning objectives include (1) self-assessing confidence, (2) exploring specific, personalized next steps for building capacity and self-assurance and (3) discussing ways in which psychological safety can shift workplace culture and confidence.

Limitless

Lean In to What's Possible

Whatever you say to yourself repeatedly, your mind will begin to believe – whether it's true or not. Let's sit with that for a moment ... self-spoken words are powerful stuff! Limiting beliefs can cause a pattern of playing small and feeling held back by self-doubt. This session looks at noticing these patterns and reshaping self-talk for limitless thinking and relentless action.

Make it Happen!

Shift from Goal Setter to Goal Getter

According to Zig Ziglar, "97 percent of the people in our society do not have a clearly defined, written down set of goals for their lives." People may get stuck thinking about a potential goal or change, only to stay frozen by inaction. What would it take to shift from thinking about aspirations and outcomes to actually knocking them out of the park? Let's dive into best practices for getting clarity, leveraging strengths, overcoming obstacles, staying laser focused and getting after your goals.

Ready. Set. Grow!

Master Mindset to Continuously Improve

Wellness is a process characterized by continuous improvement for enhanced well-being. Join us to discuss mindset matters and how to create a workplace culture committed to growth. This session explores the process of continuous improvement and how it can apply to your life both at work and at home. Key learning objectives include understanding the impact of mindset, reviewing common systems and processes known to elicit continuous improvement and sharing best practices for celebrating and learning from past experiences.



Leadership, Growth & Performance

Engagement, Leadership
Development, Motivation, Mindset

Strengths-Based Living

How to Find, Leverage & Lead with Your Superpowers

Everyone brings something special to the workplace and the community at large. Let's look at ways to assess and apply existing strengths for maximum impact and life satisfaction. This session is highly interactive with multiple opportunities for self-assessment, discussion, sharing and planning a big picture vision leveraging your greatest assets.

The Power of EQ

Examine Emotional Intelligence at Work

According to "Psychology Today," emotional intelligence refers to the ability to identify and manage your own emotions, as well as the emotions of others. Join us for an introductory experience around the power of emotional intelligence (also known as EQ) and discover how it can positively impact you, your relationships and your experience of work and life.

The Well Leader

Five Principles to Win the Workday, Slay Self-Care & Support Your Teams Along the Way

Leaders influence others. They inspire and create impact. They set, reach and exceed goals. It is meaningful and important work that demands adequate self-care and health care to really go the distance. By this definition, anyone – regardless of title – can position themselves as a healthy and inspiring influencer. Attend this session to discover five principles for living as a Well Leader. After all, when you are living your best life, others may be empowered and inspired to do the same. If you are ready to make a difference in your life, your community and your workplace, this session is for you.

WINSday

Stand in the Place of Possibility & Positivity, Then Celebrate Along the Way

What might change (for you) if every workday was centered around optimism and consistent celebration? Having an optimistic outlook on life – a general expectation that good things will happen – may help people live longer, according to a study from the Harvard T.H. Chan School of Public Health. Plus, according to the Mayo Clinic, health benefits provided by positive thinking may include better cardiovascular health and reduced risk of death from cardiovascular disease, better coping skills during hardships and times of stress, better psychological and physical well-being, greater resistance to the common cold, lower rates of depression, lower levels of distress and increased life span.

When we expect the good, and notice the good, we can further the momentum by spreading the good. To celebrate means to honor and praise publicly, and we can shape a workplace and workday into one that gets really good at precisely this!

Life Skills, Change & Work-Life Integration

Adaptability, Balance,
Real-Life Application

Better Boundaries

Explore Healthy Boundaries & How to Set Them

This session explores the many types of healthy boundaries, the benefits of setting limits and how to establish them. Additionally, communication strategies for expressing personal needs and wants will be an integral focus. If you're seeking stronger relationships, greater work satisfaction and a clearer sense of self, this session is for you!

Dollars & Sense

Focus on Your Financial Health

Wellness is holistic, and financial wellness can be an integral part of mastering stress and improved life satisfaction. Both short-term and long-term financial planning are essential for all – whether you are single, married, exploring further education or getting ready for retirement. Come ready to learn basic action items that will set the stage for success in several ways – building your savings, creating a budget, establishing investments/retirement accounts, planning for education and more.

Maximize Your Morning

Winning Ways to Start the Day

While it's true that you likely have a preferred time of day where you feel especially "at your best", there's something magical about the morning hours. Each morning is a new beginning, and how you begin your day has the power to set the tone for the balance of your day. Let's explore how to maximize your morning with healthy rituals that serve you well all day long.

Navigating Change & Uncertainty

Strategies to Grow Through the Unexpected

Change, growth and adaptability are our defining characteristics. For some, the idea of change can be intriguing, exciting and/or elicit thoughts of adventure. For others, change can threaten comfort, stability, security and/or trigger an uneasy or fearful stress response. While knowing exactly what the future holds isn't feasible, it's easy to fall into the pattern of assuming life will stay the same. Then, when receiving unexpected news, it can be difficult to navigate living with uncertainty about important life situations.

Join us to explore skills and strategies for a supportive, growth-oriented mindset along with simple and repeatable mind/body practices to use in times of duress. Key learning objectives include expecting change and uncertainty, uncovering how to operate with hope and optimism, developing healthy coping and self-care strategies and preparing your personalized change plan.

Life Skills, Change & Work-Life Integration

Adaptability, Balance,
Real-Life Application

Put Life in Drive

Methods to Shift Mindset & Maximize Motivation

Life can be both challenging and uncertain, resulting in distress, worry, overwhelm, difficulty focusing and an overall loss of energy or excitement. Whether you're looking to boost your enthusiasm for moving more, eating better, improving mood or some other focus area, mindset work is ideal for reframing your thoughts, rewriting limiting beliefs and adjusting self-talk to shift toward greater hope and optimism.

This session also explores key drivers of motivation, providing insights on what historically motivates human behavior.

Wellness in a Virtual World

Explore Technology & Well-Being, While Enjoying the Best of Both Worlds

It's a fact that technology is rewiring our brains and creating new challenges across the health and wellness landscape. People wrestle with being connected to technology and large networks of people, while also feeling disconnected from true social support.

Join us for discovery and discussion related to creating a healthy relationship with technology and establishing (or maintaining) healthier daily rituals within your personal and professional lives.

Mental Health, Stress & Emotional Well-Being

Burnout Prevention,
Psychological Health, Resilience

Don't Worry. Be Happy

Understand the Science of Happiness

Happiness is part nature and part nurture. As researchers in the field of positive psychology continue to delve into the science of happiness, we are increasingly learning about how to cultivate it. Join us to explore and apply these discoveries and insights for living an engaging, meaningful and happy life while supporting others in achieving the same.

Got Stress?

Understand The Impact of Chronic Distress & How to Take Small Steps Toward Stress Mastery

Over 90% of illness is directly or indirectly related to feeling overly stressed – or more specifically, distressed. This session explores how chronic stress negatively impacts the body and mind. Additionally, solutions for working toward stress mastery will be introduced, leaving you with actionable next steps for reducing and mastering stress while improving resiliency.

Managing Workplace Stress

Explore Distinct Types of Stress In and Out of the Workplace

This session teaches the difference between productive stress, chronic stress and traumatic stress (which can negatively impact multiple areas of functioning), its impact on employee health and productivity and care techniques to promote well-being and satisfaction. Additionally, we'll explore the long-term impact following a traumatic event. Look forward to reviewing evidence-based practices including trauma-informed care, solution-focused approaches and attachment theory.

This session also serves to provide a safe space to discuss this topic, share experiences and identify individual coping strategies that work best.

Mental Health at Work

10 Ways to Support Mental Health in the Workplace

Mental health spans many areas of functioning – at home, in the social domain and at work. Meaning, to maintain optimal health, we must increase awareness of the numerous factors impacting mental well-being not only at home, but also in the workplace. More specifically, the workday and workplace demand development of interpersonal skills alongside healthy ways to manage stress and alleviate anxiety. Supporting mental health at work will ultimately boost productivity, innovation and creativity, while strengthening well-being, a sense of belonging and interconnectedness.

This session explores key methods, interventions and tools to take care of mental health in a comprehensive, mindful manner. We hope to see you there!

Mental Health, Stress & Emotional Well-Being

Burnout Prevention,
Psychological Health, Resilience

Mental Health Matters

Support Yourself & Others by Recognizing Common Mental Health Concerns

Anxiety, depression and trauma are more common than you realize – and it's important that we continue to normalize the conversation around mental and emotional health at work, at home and all the spaces in between. Look forward to a safe, supportive conversation around mental health, how to recognize when you or someone may need care and how to access resources.

Seasonal Affective Disorder & Self-Care

10 Ways to Support Yourself This Winter & Beyond

Leaning into self-care is known to be incredibly powerful for cultivating resiliency and supporting physical, mental and emotional health. Join us to discover a variety of practices and activities that are supportive in the winter months, as this time affects others more deeply. This session is designed to spark and inspire increased self-care and allows time for group discussion and sharing!

Simply Sleep

Uncover the Magical Power of Sleep & Supportive Sleep Hygiene

Studies show that nearly 40% of adults fall asleep throughout the day unintentionally. With busy lives, schedules, children and work, are you getting the right amount of rest to operate at your best? Falling asleep, staying asleep and general sleep deprivation are common issues among adults and shouldn't be ignored. Just one week of sleep deprivation may alter your response to stress, immunity, inflammation and overall health. In this session, you will learn the signs and symptoms of inadequate sleep.

Our dream for you is to find a solution that is effective and sustainable for long-term health and well-being.

Strategies to Alleviate Anxiety

Harness the Power of the 3Rs (Routine, Relationships & Regulation)

Anxiety is an intense, excessive and persistent worry (and fear) about everyday situations. Like stress, it can increase motivation and boost productivity in small amounts. Unlike stress, it is often caused by internal events (such as overthinking) and is accompanied by physical symptoms such as rapid heart rate, breathing, sweating and fatigue. Despite anxiety having internal origins, there are simple strategies we can use to help mitigate its impact and cultivate contentment, focus and ease. This session highlights how the 3Rs can provide consistent support, while allowing for personalized practice to promote overall well-being.

Mental Health, Stress & Emotional Well-Being

Burnout Prevention,
Psychological Health, Resilience

Suicide Awareness & Prevention

Together We Can Save a Life

Suicide awareness is the foundation on which prevention is built. Awareness centers on increasing understanding of suicide and the considerations involved, such as risk factors, warning signs and protective factors. Suicide prevention goes beyond awareness by promoting research-based action. The fact is that learning about suicide is not enough. We need to act. The topic of suicide is difficult and can lead to discomfort and, possibly, fear. However, we all play an essential part to intervene and prevent suicide, and this presentation is a roadmap to guide you through that process. Please take care of yourself during the conversation, and if you have any questions or concerns, never hesitate to reach out before or after the presentation.

Note: If you or someone you know is thinking about suicide, please call or text 988 to connect to the National Suicide and Crisis Lifeline. For imminent threats of suicidal behavior, always contact 911.

Teen Mental Health & Safety: Better Together

A Multi-Faceted Approach to Support Teenagers in a Digital World

According to the American Psychological Association, “social media can help teenagers with healthy development, but it can also create risks...[therefore] it is critically important to focus on how teens use social media and the type of content they see.” Additionally basic internet safety is essential for helping young adults understand their digital footprint and its impact on their mental health, identify unsafe situations and determine how and when to ask for help. Join us to learn empowering insights for helping your family navigate the risks and responsibility associated with the many options and opportunities online.

The Neuroscience of Stress

Understand Stress & the Brain

Stress is the mental and physical response to situations or events perceived as threats or challenges. When a person perceives a situation as stressful, adrenaline is released to prepare the body for a fight, flight, freeze, or fawn response. Evolutionarily, this activation was intended to support survival, to keep us safe in the wild. In present times, we do not face the same threats and overactivation of the stress response results in both physical and mental distress. Fortunately, there are easily-accessed skills, strategies and tools to help bring the body back to baseline when the stress response is activated. As this session examines stress through the lens of neuroscience, the learning objectives focus on the key features of the central nervous system, the integration of the brain and body and the skills and techniques for shifting responses from stress to relaxation.

In summary, look forward to cultivating a deeper understanding of distress, while utilizing a brain-based perspective and interventions to better manage stress on a day-to-day basis.

Mental Health, Stress & Emotional Well-Being

Burnout Prevention,
Psychological Health, Resilience

Under Pressure

Utilize Stress as a Catalyst for Positive Change

Perhaps you have heard this before, “if it doesn’t challenge you, it doesn’t change you.” This session explores the physiology and biology of stress, the mind/body connection and the possibility that some stress can produce positive adaptations while building capacity and fostering personal and professional growth.

Understanding Stress

10 Tips to Recognize & Rethink Stress

Stress is the mental and physical response to situations or events perceived as threats or challenges. When a person perceives a situation as stressful, adrenaline is released to prepare the body for a fight, flight, freeze or fawn response. Evolutionarily, this activation was intended to support survival, to keep us safe in the wild. In present times, we do not face the same threats and overactivation of the stress response results in both physical and mental distress. Fortunately, we can shift our perspective, experience of stress and enjoy some positive changes as a result.

This session explores the many ways we can work to understand and influence our experience of stress. Key learning objectives include understanding the function and types of stress to distinguish between stress that is healthy, normal and productive and stress that isn’t, recognizing what you can control and influence to shift your response to stress and exploring ways to take care of yourself when experiencing high levels of stress.



Mindfulness, Self-Care & Personal Resilience

Calm, Focus, Nervous System Support, Sustainability

Back to School, Back to Self-Care

Practice Simple Steps Every Day

Sit back, relax and look forward to getting back to self-care! Whether you are navigating the back-to-school craziness or not, a new season brings the perfect opportunity to fall into new and better habits. This self-care session explores four domains of wellness – mind, body, spirit and environment.

Look forward to exploring several self-care practices within each domain and experiencing the big benefits of layering more self-care moments into your day.

Cultivate Calm

Four Wellness Practices to Increase Peace & Steadiness

In a time when life may seem overwhelmingly uncertain, let's shift the focus to cultivating a sense of calm. This session focuses on applying personal agency to develop four supportive wellness practices. Look forward to exploring why each practice is beneficial followed by how to continually nurture each day-over-day. Wellness is a process, and by staying committed to that process, the physical, mental and emotional well-being benefits are many.

Grounded in Wellness

Strategies to Move Toward Mindfulness at Work & Home

Life's turbulence can understandably amplify feelings of uncertainty, overwhelm, fatigue and much, much more. Given resounding evidence around mind/body connection, these feelings manifest in the body in a variety of ways. Join us for discussion and discovery of tactics known to support grounding the mind and body. These practices can be layered directly into the workday for personal and professional well-being. Look forward to a session that's both inspirational and experiential for maximum benefit.

Meditation 101: An Introduction to Meditation

Five Meditation Practices to Revitalize & Refocus Your Day

Meditation is an accessible mind/body practice that supports improved health, mindfulness, self-awareness, peace, clarity and much, much more. Despite these big benefits, it's understandable that beginning a meditation practice could feel both unfamiliar and overwhelming.

This session supports a simple exploration of meditation basics in a safe and encouraging environment.



Mindfulness, Self-Care & Personal Resilience

Calm, Focus, Nervous System
Support, Sustainability

Moving Toward Mindfulness

Understand the Difference between Mindful & Mind Full

Days are busy and many working adults are pulled in multiple directions. Layer in multi-tasking, electronic devices and social interactions, and the brain is on chronic overload. By moving toward a daily mindfulness practice, you have the power to improve focus, quality, self-regulation and safety through daily self-awareness (at work, at home and all the spaces in between). Join us for a discussion on mindfulness and how it can positively impact you and those around you.

Self-Care Support

Assess & Plan for Action

Self-care is just as important as health care, but where do you begin? This session explores 12 areas of life that contribute to self-care, while integrating activities for self-awareness and self-assessment. By reflecting on where you are today, and your vision for the future, a personal wellness plan comes to light. This activity uses the “Circle of Life” to support you in identifying a focus area followed by a clear goal and daily action items. Progress, not perfection, is key to powerful and sustainable lifestyle shifts.

Thankful 365

Why & How to Cultivate an Attitude of Gratitude

The mind and body benefits of gratitude are many! This inspiring session focuses on cultivating an attitude of gratitude through self-discovery of current habits, shifting into a growth mindset and using gratitude as an essential part of your self-care practice. Look forward to being guided through weekly activities and simple daily practices. Trust that adoption of a consistent gratitude practice will, in turn support your physical, mental, emotional and spiritual well-being.

The 12 Days of Wellness

Support Self-Care this Holiday & Beyond

Sometimes the holidays are a whirlwind or are compounded by personal challenges, making it difficult to prioritize self-care. Stay festive and focused on your health and well-being with simple action items for enjoying your happiest and healthiest holiday yet!