

WEBINAR TOPICS

DETAILS

Our wellness facilitation courses provide scientific background, storytelling and research around the chosen topic. Employee participation will be highly encouraged through activities and open dialogue. Choose from our list of topics, or customize your own session by request**.

Location: Virtual via Zoom (recording & participant report provided)

Cost:

- Starting at \$350/single
 - Starting at \$325 each if purchasing more than one, each unique content
- ** *Restrictions Apply*

Schedule: 30 Minute Presentation + Q&A

POPULAR OFFERINGS

- | | |
|---|--|
| <input type="checkbox"/> Emotional Health During COVID-19 | <input type="checkbox"/> Eating for Energy |
| <input type="checkbox"/> The Blue Zones | <input type="checkbox"/> Energy Management |
| <input type="checkbox"/> Desk-er-cise | <input type="checkbox"/> Harnessing the Power of Gratitude |
| <input type="checkbox"/> Psychological Safety | <input type="checkbox"/> Quality of Energy |
| <input type="checkbox"/> Seasonal Nutrition | <input type="checkbox"/> The Power & Importance of Sleep |

FITNESS & EXERCISE

- | | |
|---|--|
| <input type="checkbox"/> Benefits of Mind Body Exercise | <input type="checkbox"/> Scientific Stretching |
| <input type="checkbox"/> Desk-er-cise | <input type="checkbox"/> Staying Active During a Busy Season |
| <input type="checkbox"/> Exercise 101: How to Get Started | <input type="checkbox"/> Walking Your Way to Better Health |

HEALTHY EATING

- | | |
|---|---|
| <input type="checkbox"/> Eating for Maximum Energy | <input type="checkbox"/> Plant Based Eating |
| <input type="checkbox"/> Nutrition 101: Learn the Basics | <input type="checkbox"/> Seasonal Nutrition |
| <input type="checkbox"/> Impact of Nutrition on Mental Health | |

HUMAN PERFORMANCE

- The Blue Zones
- Energy Management – Emotional Energy
- Energy Management – Physical Energy
- Quality of Energy (physical energy)
- Quality of Energy (emotional energy)
- The Power & Importance of Sleep

MENTAL WELLBEING

- Burnout
- Cognitive Health
- Eliminating Toxicity in Our Lives
- Emotional Health
- Emotional Health During COVID 19
- Happiness as an Underlying State of Being
- Harnessing the Power of Gratitude
- Healthy Thinking
- Impact of COVID-19 on Mental Health
- Integrating Social Emotional Learning
- Meditation & Mindfulness
- Psychological Safety

WORKPLACE WELLNESS

- Adversity as Opportunity
- Controlling our Responses Under Stress
- Creating Happier Time Spent on the Job
- Effective Workplace Communication
- Healthy Technology
- Human Performance at Work
- Time Management & Productivity
- The Blue Zones
- Wellness Recovery Action Plan
- Work-Life Balance