

# CORPORATE WELLNESS WORKSHOPS

May is Mental Health Awareness Month

*Cindy Blaser*



# WELLBEING AT WORK

- Prioritizing mental health and stress management at work is becoming imperative as 81% of employees say they will be looking for workplaces that support mental health in the future.
- By promoting wellness at work, you not only enhance employee satisfaction and productivity but also contribute to the destigmatization of mental health issues.
- I support your team's wellness goals by offering customized workshops and experiences which are designed to promote employee wellbeing and enhance team cohesion while promoting a positive work culture.

*Cindy Blaser*

# SAMPLE WORKSHOP 1: STRESS MANAGEMENT RESET

In this soothing and restorative session, experience the calming effects of breath. Unwind the mind and rewire the nervous system to relax deeply. Learn about the power of breath for energy, detoxification and all the ways mindful breathing helps with mental/emotional resiliency.

- Introduction
- Learn About the Power of Breath
- Guided Breathing Experiences
- Techniques to Reset the Nervous System
- Q&A, Sharing and Closing

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## SAMPLE WORKSHOP 2: MINDFUL COMMUNICATION

Uncover the transformative power of intentional communication, fostering smoother interactions and enhancing collaboration. Through practical awareness techniques and insightful discussions, learn to cultivate a new way of listening, paving the way for more meaningful connections and productive outcomes. Discover how mindful communication can support mental health as well as promote a more harmonious work environment.

- Introduction
- Learn Mindful Awareness and Communication Techniques
- Guided Listening and Communication Experiences
- Reflection and Sharing
- Closing and Integration

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## SAMPLE WORKSHOP 3: VISUALIZATION + CREATIVITY

Step into a realm of boundless possibility and transformation with our visualization and reimagining workshop! Through guided imagery, you're invited to harness the power of intention and imagination to see new possibilities. Join us in exploring the art of visualization where innovation and ideas are born.

- Introduction and Setting Intentions
- Learn The Power of Visualization and Guided Imagery
- Guided Imagery Experiences
- Reflection and Sharing
- Closing and Integration

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# SAMPLE WORKSHOP 4: DOODLE & DRAWING PLAYSHOP

Join us for a creative journey of outside-the-box exploration in our doodling workshop! Through a variety of fun drawing activities, participants will doodle beyond the lines, and have a blast. This interactive session provides a supportive space for expressing through drawing, expanding creativity, and fostering creative sharing and reflection.

- Introduction and Grounding Exercise
- Doodling and Drawing Activities for Exploration and Creativity
- Drawing Games and Challenges (group fun)
- Sharing and Reflection
- Wrap up

*Cindy Blaser*





# LET'S EXPLORE

In-person or virtual workshops & mini-retreats are customized to meet your team's wellness goals and budget requirements. Let's explore options for your group!

Contact Cindy for a free discovery call at [cindyblaser.com/discoverycall](https://cindyblaser.com/discoverycall)



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