



Wellness Service Guide



Integrated Health 21
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ABOUT US



The IH21 Team appreciates all of the partnerships we have created over the years, and look forward to serving you again.

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EVENT MANAGEMENT FEES

Lead Time to Schedule Events: 6-8 weeks

Additional Admin Staff: \$165 per hour

Additional Nurse Time Requested (Flu): \$145 per hour

Online Scheduling Tool: \$25 per service

Small Clinic Fee (Biometrics): \$350

Non-Standard Event Hours (7p-7a): \$250

Shipping Cost: \$375 per required service

Short Notice Fee: \$250 14 days or less

CANCELLATION POLICY

45-30 Days Prior- 25% Minimum Event Cost

29-11 Days Prior- 50% Minimum Event Cost

10 Days Prior- 75% Minimum Event Cost

RESCHEDULE POLICY

45-14 Days Prior- \$175

13 Days or Less- 50% of Event Fee

MINOR CHANGES TO CONTRACT

Increase order (increments of 5), time change (not more than 2 hours from original time and does not change length of event)

14 or More Days Prior- No Fee

13 Days or Less- \$175



FLU- NY, NJ, CT

20 shot minimum; 1 hour of nurse time included

Client responsible for 85% of shots ordered above 24 shots

Event length configured at 20 shots per hour

Additional nurse time \$145 per nurse per hour.

This depends on nurse availability during peak times

Special Order- High Dose Vaccine (65 years old+)

Event Fees are required only for groups submitting claims

Aetna groups, \$225; Oxford/UHC groups, \$175

OUTSIDE OF THE NY, NJ, CT, AREA

40 Minimum- 1 Nurse 2 Hours (20 per hour after 2 hours)

Client responsible for 95% of shots ordered after 40 shots

ONLY provided to Oxford/UHC Groups

Event Fees are required only for groups submitting claims

Oxford/ UHC \$175

MEMBER ROSTER REQUIRED FOR CLAIM SUBMISSION. If this is not provided within 5 business days of the event, the company will be invoiced for employees who did not completely fill out their consent. This does not apply to direct-bill clients.

***COI requests must be submitted no later than three weeks prior to event.

Please allow up to 5-7 business days for completion.



ON-SITE CLINICAL

ON-SITE FINGERSTICK BIOMETRICS SCREENINGS *(minimum of 30)*

Benchmarking the health risks of a population is critical to inspiring change and tracking risk trends over time. The cornerstone of any biometric screening provides an opportunity for individuals to learn about their risk of heart disease, diabetes, metabolic syndrome, high blood pressure, and stroke. (Requirements: One table, 4 chairs, one small garbage can per 2 screeners.)

Fasting *(\$59 per participant)*

The fasting test includes Total Cholesterol, HDL (good cholesterol), LDL (bad cholesterol), glucose, triglycerides, and a heart disease risk ratio. Result analysis and health counseling is provided at the time of testing. Approximately 12 to 15 minutes is needed to complete the screening.

Non-Fasting *(\$57 per participant)*

Biometric screenings include blood tests (with immediate results), blood pressure, body fat/body mass index, height, weight, and waist circumference. The screening provides risk markers for diabetes, heart disease, high blood pressure, and obesity. Often through these screenings, individuals with critical risk are identified and referred to their private physician for follow-up testing. For all others, the testing determines risk levels and reinforces the need for regular preventive exams. The non-fasting blood test eliminates the LDL and Triglycerides since these are affected by food consumption. Result analysis and health counseling is provided at the time of testing. Approximately 12 to 15 minutes is needed to complete the screening. Aggregate reporting for participation of 30 or more.

A1c -Add-on *(no minimum, \$30 per participant)*

A1c screening is an add-on to Biometric events for individuals found to have high glucose readings. This screening provides a snapshot of blood glucose levels over the past 3 months without the need for fasting. Hemoglobin A1c screening is used for the detection of diabetes and pre-diabetes.

ON-SITE VENIPUNCTURE BIOMETRICS SCREENINGS

Comprehensive Metabolic Panel - CHEM 12 (A1c included) *(\$70 per participant)*

In addition to the standard cardiac profile, the Chem 12 looks at the overall health of the body and its metabolism and chemical balance. The test measures blood sugar, electrolyte and fluid balance, kidney function, and liver function, in addition to the standard cardiovascular profile. Blood draw includes; Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides) and Blood Glucose, Reflex A1c (glucose >110). Kidney panel, liver panel and blood calcium. Includes Blood Pressure Measurement, Height, Weight, Waist, and BMI (Calculated BMI). Result coaching (5-7 minutes).

Enhanced Comprehensive Metabolic Panel - CHEM 23 (A1c included) *(\$80 per participant)*

CHEM 23 is a comprehensive blood test that provides valuable information about your health's general state. Information obtained may be used to recommend dietary or lifestyle changes. This panel measures the blood levels of albumin, blood urea nitrogen, calcium, carbon dioxide, chloride, creatinine, glucose, potassium, sodium, total bilirubin, and protein, and liver enzymes (alanine aminotransferase, alkaline phosphatase, and aspartate aminotransferase). Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides) and Blood Glucose, Hemoglobin A1c (glucose >110). Kidney panel, liver panel and blood calcium. Includes Blood Pressure Measurement, Height, Weight, Waist, and BMI (Calculated BMI). Result coaching (5-7 minutes).

ON-SITE CLINICAL *(continued)*

ADD-ON OPTIONAL VENIPUNCTURE TESTS

Hemoglobin A1c *(\$10 per participant)*

The A1c test calculates the average blood glucose levels over 2-3 months, making it an ideal diagnostic tool for diabetes management. Blood test evaluates blood cell types and levels to help diagnose health conditions and track treatment response.

Complete Blood Count (CBC) *(\$12.75 per participant)*

Blood test evaluates blood cell types and levels to help diagnose health conditions and track treatment response.

Complete Blood Count (CBC) with Differential *(\$6.50 per participant)*

The CBC with Differential and Platelets blood test evaluates each different type of white blood cell and immature (not-yet-fully-developed) blood cells. This gives your provider more information about what's happening with different immune system cells.

Cotinine *(\$7 per participant)*

Cotinine testing checks for the presence or absence of nicotine in the blood. This is a qualitative test with results reported as a positive or negative.

C-Reactive Protein (CRP) *(\$21.50 per participant)*

Helps screen for an acute infection or inflammation. Those diagnosed with an infection or a chronic condition may also use this test to monitor their treatment.

STANDALONE VENIPUNCTURE TESTING *(independent of other testing)*

Hemoglobin A1c *(\$25 per participant)*

The A1c test calculates the average blood glucose levels over 2-3 months, making it an ideal diagnostic tool for diabetes management.

Complete Blood Count (CBC) *(\$15 per participant)*

Blood test evaluates blood cell types and levels to help diagnose health conditions and track treatment response.

Complete Blood Count (CBC) with Differential *(\$15 per participant)*

The CBC with Differential and Platelets blood test evaluates each different type of white blood cell and immature (not-yet-fully-developed) blood cells. This gives your provider more information about what's happening with different immune system cells.

Cotinine *(\$20 per participant)*

Cotinine testing checks for the presence or absence of nicotine in the blood. This is a qualitative test with results reported as a positive or negative.

C-Reactive Protein (CRP) *(\$35 per participant)*

Helps screen for an acute infection or inflammation. Those diagnosed with an infection or a chronic condition may also use this test to monitor their treatment.

ON-SITE CLINICAL *(continued)*

STANDALONE VENIPUNCTURE TESTING *(per participant, independent of other testing)*

PSA (recommended Males > 50) *(\$45 pp)*

Blood test measures PSA levels in the blood to screen for prostate cancer or other benign prostate conditions.

TSH (Female) *(\$45 pp)*

Blood test measures TSH levels for detecting or diagnosing thyroid issues.

Vitamin D *(\$50 per participant)*

Blood test is a way to check if you have enough vitamin D, helping to ensure your bones stay healthy and reducing the risk of various health issues associated with vitamin D deficiency.

Mailing of Results *(\$10 per participant)*

Results Consultation *(\$20 per participant)*

ADDITIONAL ON-SITE CLINICAL OPTIONS

Blood Pressure Screening *(3 hours \$650, Additional hours \$145 each, 36 max.)*

Blood pressure represents the pressure within the circulatory system. Chronic high blood pressure creates a high-risk environment for many internal organs, and if left untreated can result in heart attack, stroke, kidney damage or kidney failure. High blood pressure is known as a silent killer because the individual rarely feels symptoms. A registered nurse will check BP and counsel individuals.

CPR/AED Training *(2.5 hours, \$125 per person, 10 min., 20 max.)*

First Aid Training *(2.5 hours, \$125 per person, 10 min., 20 max.)*

CPR/AED/First Aid Training *(5 hours, \$140 per person, 10 min., 20 max.)*

Prompt response during an emergency can mean the difference between life and death. An individual trained in CPR, AED use, and First Aid can take control in a crisis delivering care that is needed to sustain life until advanced medical treatment arrives. CPR certification provided through the American Heart Association is valid for 2 years, First Aid certification through the American Red Cross is valid for 1 year. The American Red Cross is now requiring the participants' first name, last name, and email address to issue certifications. A roster is required with this information.

MIND & BODY WELLNESS

Assist staff to be the best they can be through healthy on-site offerings. Still have a hybrid work environment? Combine the on-site services with virtual services to reach those working outside the office.

1. Acupressure

1 hour class, 25 participants \$750

/ \$425 per additional hour

3 hour station, 100 participants \$1,500

/ \$340 per additional hour

Acupressure, a core component of traditional Chinese medicine, has existed for over 3000 years and today is a worldwide practice. It's used to treat a wide variety of health concerns, including pain, stress and anxiety, sleep issues, fatigue and nausea, just to name a few. Here, our practitioners work gently and compassionately with each participant to help bring them back to balance, in body and mind. As a community program, 10-15 chairs are arranged in a circle, allowing the acupuncturist(s) to engage with multiple employees at once. This is a great way to bring a sense of togetherness while being introduced to a beneficial ancient practice.



2. Aromatherapy

(ONLY available in Manhattan)

3 hours, 100 participants \$920

/ \$225 per additional hour

Learn about the benefits of essential oils and how they can be used everyday. life. Participants will make their own sachet of dried flowers to take with them. Includes 25 sachets. Additional sachets- 50 sachets for \$100. Requirements: Six-foot desk-height table, one chair, and trash can.

3. Bone Density Screening

3 hours, 12 participants \$1,095

/ \$145 per additional hour

Osteoporosis typically develops without symptoms, so many people don't realize their bones are getting weaker until they experience a break. Walking is one of the best low-impact weight-bearing exercises to help maintain bone density, improve balance, and support overall physical and mental health, which is especially important as we age. Research also shows that 1 in 2 women and up to 1 in 4 men over the age of 50 will break a bone due to osteoporosis.

4. Building a Mindful Practice

1 hour, 25 participants \$750

/ \$425 per additional hour

The benefits of consistent meditation are myriad: improved focus, memory and sleep, emotional balance and coping skills, not to mention a centered and calmer perspective and approach to living. When we build a meditation practice, we are also building a foundation for a better quality of life. Our focus here is to foster those who are seeking, or are already developing, a regular meditation habit in their daily lives. Led by our expert coach, each session will center around a different mindfulness theme, each building on the next to provide a holistic and diverse experience.

• Building a Meditation Practice Class

As a 45-minute class, employees will have the ability to take some time out of their day to learn about the benefits that meditation offers us in navigating the moments in our daily lives. Employees walk away feeling confident in taking 15 minutes out of their day for their inner selves.

5. Coffee Health Station: "Sip for Wellness"

3 hours, 100 participants \$1,375

/ \$275 per additional hour

Welcome to our Coffee Health Station—where the power of coffee meets wellness in every cup! At this interactive station, you'll discover the health benefits of our signature coffee blend, known for its rich flavor and natural antioxidants. This coffee supports brain health, boosts energy, and enhances focus, all while offering a delicious, mindful moment to enjoy during your day. Sample our coffee, learn about its health benefits, and discover tips for incorporating coffee into a balanced wellness routine—without the added sugars or artificial creamers that can detract from its healthful properties. Why it matters: coffee isn't just a pick-me-up! It's packed with antioxidants and can help improve cognitive function, mood, and even physical performance when consumed in moderation. Enjoying a quality cup of coffee can elevate your energy, keep you alert, and promote mental clarity, all while fitting into a healthy lifestyle.

MIND & BODY WELLNESS *(continued)*

6. Community Guided Imagery: Daydream Believer

Guided imagery is a relaxation technique where participants use their imagination to create a mental scene, fostering deep calm and healing. In this session, our guide will lead participants verbally through carefully curated images, immersing them in a vivid experience that connects the mind and body, slowing the system while awakening perception and creative visualization.

- **Guided Imagery Class**

*1 hour, 25 participants \$750
/ \$425 per additional hour*

This 45-minute class allows employees to immerse themselves in creative imagery and visualization. Employees will be guided via short exercises that help them access their imaginative creative sides.

- **Guided Imagery Station**

*3 hours, 100 participants \$1,500
/ \$340 per additional hour*

This station allows employees to quickly and easily acquire the skill of imagery to help reduce stress. This style of engagement is a free flowing activity where employees can feel free to come and go as they wish.

7. Community Meditation: Mindbreak

Meditation isn't as complicated as its reputation: all you need to do is breathe. Being present while doing so has profound effects, both in the moment and beyond. Employees will learn firsthand from a meditation coach the tremendous mental and physical benefits of taking a break to simply breathe and be, and the tools, easily applied, to have at their disposal whenever their mindset needs a gentle shift.

- **Mindbreak Class**

*1 hour, 25 participants \$750
/ \$425 per additional hour*

As a 45-minute class, employees will have the ability to take some time out of their day to learn about the benefits of taking a mindbreak, and grow their mindful toolbox via the useful, easily applied pointers introduced by our professionals.

- **Mindbreak Station**

*3 hours, 100 participants \$1,500
/ \$340 per additional hour*

This station allows employees to quickly and easily acquire helpful tips to add to their mindfulness toolbox, allowing them to access them anytime they need a "mindbreak". The style of the engagement is free-flowing; employees can join the circle, leave and return as they wish.

8. Community Reiki

1 hour, 20 participants \$750/ \$425 per additional hour

Reiki is a natural and safe Japanese technique for stress reduction, relaxation and promotion of healing. It's super-effective on its own and also works beautifully in conjunction with other medical & therapeutic techniques to relieve side effects and promote recovery. Reiki is based on the idea that qi energy flows through us, a universal life force. If our qi is low, then we are more likely to get sick or feel stressed. If it's high, we are more capable of being happy and healthy. Our practitioners, through the time-tested process known as "laying on hands", transfer this universal energy to the areas needed, helping participants achieve much-needed balance. As a community program, 10-15 chairs are arranged in a circle allowing the practitioner(s) to engage with multiple employees at once. This is a great way to bring a sense of togetherness while being introduced to a beneficial ancient practice. Practitioners can see up to 15-20 employees per hour.

9. Dermaview Screening (NYC only)

3 hours, 36 participants \$1,095/ \$145 per additional hour

DermaScan is used to assess and identify problem areas on the skin of the individual's face. By utilizing black lights areas of dry, oily and sun damaged skin is illuminated with different colors. The Dermascan unit allows the screener and the participant to view the color patterns simultaneously. The black lights will highlight the harmful effects of overexposure from the sun's UV rays that is lurking below the skin's top layers. The procedure takes approximately five minutes. Afterwards, participants are educated on the harmful effects of UV rays, proper use of sunscreen, sunglasses head coverings, hydration, and regular check-ups with a dermatologist. Requirements: table, two chairs, small trash can, electric outlet.

10. Grow with Gratitude: Your Journal Starts Here

3 hours, 100 participants \$1,375

/ \$275 per additional hour

Practicing gratitude just a few minutes a day has been shown to:

- Improve mood and emotional resilience
- Lower stress and anxiety
- Increase overall life satisfaction

This booth invites participants to start a simple habit that can boost mental health in meaningful, lasting ways. Start your gratitude journey today with a free journal and simple prompts to help you focus on the good—even on the busiest days!

[Click here request a service](#)

MIND & BODY WELLNESS *(continued)*

11. Herbal Tea Bar: Sip, Soothe, and Support Your Well-being

*3 hours, 100 participants \$1,375
/ \$275 per additional hour*

Step into a calming corner of the health fair and explore the power of plants at our Herbal Tea Bar. This interactive station introduces you to a variety of caffeine-free herbal teas that support wellness from the inside out—whether you're looking to relax, boost your immune system, aid digestion, or clear your mind. Sample soothing blends like chamomile, peppermint, hibiscus, lemon balm, and more—each with its own unique flavor and health benefits. Browse our Mood Match chart to find the tea that fits how you're feeling and take-home recipe cards to continue the ritual of mindful sipping long after the fair. Why It Matters: Herbal teas are more than just warm beverages—they're ancient remedies in a cup. Whether you need a gentle energy lift or a moment of calm, there's a tea to support your body and mind, naturally.

12. Honey Tasting: Bee Healthy

*1 hour class, 25 participants \$750
/ \$475 per additional hour*

Honey is one of Earth's most precious healing natural elixirs, and honey bees are the most important pollinators in our ecosystems. Learn all about their contribution to the world and the wide variety of honeys they produce, as well as the health, culinary and medicinal benefits local honey provides.

*3 hour station, 100 participants \$1,500
/ \$340 per additional hour*

Our Bee Educator will offer a tasting of various types of local honey while discussing their sustainability and practical uses. At this interactive station, participants will come away with new and healthy ways to incorporate honey into their lifestyle.

13. Infused Water Bar- "Hydrate with Purpose"

*3 hours, 100 Participants \$1,375
/ \$275 per additional hour*

Welcome to our Infused Beverage Station—where hydration meets flavor and function! At this interactive station, you'll explore naturally flavored water combinations using fruits, herbs, and spices. Not only do these infused drinks taste delicious, but they also support wellness goals like digestion, energy, detoxification, and immune health—without added sugars or artificial ingredients. Taste-test a variety of flavor blends, learn how to make them at home, and grab a recipe card to inspire your daily hydration routine. Why It Matters: Most of us don't drink enough water during the day, and even mild dehydration can lead to fatigue, headaches, and poor focus. Adding natural flavors makes water more enjoyable helping you stay refreshed and energized!



14. Massage or Hand Reflexology

*1 Massage Therapist, 3 hours, \$650
Additional hours \$145/hr*

Additional therapists, same pricing

A great way to welcome your workforce back to work. Help to reduce stress, soothe muscles, and reduce tension. Sessions can be 8, 10, 12, or 20 minutes. After 4 hour events, therapist(s) require breaks, as shown in the proposal.

15. Pocket Positivity: Take What You Need

*3 hours, 100 participants \$1,375
/ \$275 per additional hour*

A tabletop display of small cards with uplifting affirmations, calming quotes, or empowering reminders. Participants pick a card that speaks to them—or trade one that no longer serves them. You can also offer a "Write Your Own" section with blank cards and markers for people to create personalized messages for themselves or others. Why It Works: It adds a feel-good moment to someone's day and serves as a visual reminder to pause, reset, or simply smile. Plus, writing or choosing affirmations can help reinforce a positive mindset.

MIND & BODY WELLNESS *(continued)*

16. QiGong

QiGong is a complete mind-body-spirit experience that improves mental and physical health by integrating good posture, movement, breathing techniques, self-massage, sound, and focused intent. Practiced for over 4,000 years for its healing and therapeutic benefits, as well as the basis for martial arts training, QiGong opens the flow of energy by way of meridians, or points in the body used in acupuncture and Chinese medicine. Better sleep, pain reduction, improved digestion and reduced anxiety are just a few of the benefits of this ancient, peaceful practice.

*1 hour class, 25 participants \$750
/ \$425 per additional hour*

As a 45-minute class, employees experience what it feels like to have Qi energy flow through the body. Learning new movement, self massage and breath techniques will leave them refreshed and ready to face the day.

*3 hour station, 100 participants \$1,500
/ \$340 per additional hour*

This station allows employees to have a fun interaction with traditional Chinese medicine. Just learning a few movements can make an impact on reducing anxiety and offering a good night's sleep. The style of the engagement is free-flowing; employees can join the circle, leave and return as they wish.

17. Sound Bath: Good Vibrations

This deeply immersive sound meditation combines ancient practices and science-based tools to manifest positivity and resilience. Studies have proven the correlation between sound and healing, lowering blood pressure and decreasing anxiety. A sound bath guides you into a meditative state via ambient music curated by sound therapists. All you must do is close your eyes and listen.

*1 hour class, 25 participants \$750
/ \$425 per additional hour*

This passive 45-minute class envelops participants in sound waves that create vibrations that resonate throughout the body, promoting a deep sense of relaxation and calmness throughout. This class is not conducive to an open environment.

*3 hour station, 100 participants \$1,500
/ \$340 per additional hour*

This meditative experience will literally bathe your employees in waves of sound. There truly is no experience like this. Like all of our stations, this style of the engagement is free-flowing; employees can join the circle, leave and return as they wish. This class is not conducive to an open environment and should be offered as breakout



MIND & BODY WELLNESS *(continued)*

18. Stress Ball Station- "Squeeze the Stress Away"

3 hours, 100 participants \$1,375
/ \$275 per additional hour

Stress balls are a simple but powerful tool to help you release tension, refocus your energy, and calm your mind—all in the palm of your hand. At this station, you can: Pick up a stress ball to take with you, Learn how squeezing it helps reduce muscle tension, supports self-regulation by activating the muscles and calming the nervous system through repetitive, mindful motion. They're especially helpful for kids, teens, and adults with anxiety, ADHD, or general stress. Practice a 1-minute mindful breathing exercise as you squeeze. Stop by to create your stress ball using a balloon and simple fillers like flour or rice. Pick your favorite texture, fill it up, decorate it, and take it home as a portable tool to help release tension anytime, anywhere!

19. Tai Chi

Tai Chi is based on the idea that mind, body, and emotions are not separable. Perfect for first-timers and those with experience alike, this gentle and inclusive class welcomes everyone to the practice, regardless of gender, age or health. Consisting of 124 movements, Tai Chi is performed in a slow, rhythmic, continuous motion, which relaxes the body and helps promote blood circulation. It strengthens muscles and joints and develops concentration and awareness, while simultaneously aiding in relief of fatigue, tension, and stress.

1 hour class, 25 participants \$750
/ \$425 per additional hour

As a 45-minute class, employees will be led through this ancient series of slow, gentle movements and controlled breathing. Our classes emphasize connecting the mind-body experience. Classes are stand-alone, one-time interactions.

3 hour station, 100 participants \$1,500
/ \$340 per additional hour

This station allows employees to quickly and easily learn the basics, improve technique and experience the therapeutic and mental benefits that the practice can impart. The style of the engagement is very free-flowing; employees can join the circle, leave and return as they wish.



20. Yoga *(On-site or Virtual, On-site ONLY available in Manhattan)* 1 hour, 20 participants on-site, 100 virtual
/ \$75 for additional 50 participants
*Recording of virtual session available upon request at time of scheduling event.

• One-off Yoga Class

Mindful Movement: A Yoga Break for Well-Being

Boost employee well-being and productivity with our 1-hour Corporate Yoga Workshop. This session is designed to relieve stress, improve focus, and enhance flexibility through a series of gentle stretches and mindful breathing exercises. Ideal for all levels, it promotes a healthy work-life balance and fosters a positive, energized workplace environment. Session recording available upon request at time of scheduling.

• Ongoing Weekly/Monthly Yoga Class

Balance at Work: Weekly Office Yoga

Join our ongoing 1-hour Corporate Yoga class to reduce stress, increase flexibility, and boost overall well-being. Tailored for busy professionals, this class combines gentle stretches, breathwork, and mindfulness techniques to improve focus, energy, and posture. Perfect for all fitness levels, it's a great way to recharge and stay balanced throughout the workday. Session recording available upon request at time of scheduling.

• Custom Specialty Classes for Your Team

Our Specialty Classes are customized to meet the unique needs of your team. Whether it's meditation, Yoga Nidra, stretching, breathwork, or mindfulness, we design each session to support your team's well-being, reduce stress, and enhance focus. Perfect for offices, corporate programs, or remote teams, these tailored classes promote a balanced, productive work environment and can be integrated into your schedule for maximum impact. Session recording available upon request at time of scheduling.

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MIND & BODY WELLNESS *(continued)*

21. Seated Yoga

Hot yoga and power vinyasa have their place, but seated yoga is just as effective in its own unique way. These restorative poses are energetically grounding, with the focus on flexibility and calming the mind. In this gentle but impactful class, you will be guided through body opening asanas, loosening tension and relieving stress through stretches held for longer than in a traditional mat class.

*1 hour class, 25 participants \$750
/ \$425 per additional hour*

This 1-hour class, led by a certified professional, hosts up to 25 people and is accessible to anyone at any level, regardless of fitness or experience.

*3 hour station, 100 participants \$1,500
/ \$340 per additional hour*

As an event station, this program runs on a continuous loop for employees to jump in and out of the class. Gaining an introduction to the practice or improving on their skills while enjoying a fun and energized environment.

22. Yogatation

Yogatation incorporates the most effective elements of traditional yoga flow and meditation classes into one comprehensive session, seamlessly blending breath, intention and movement. Stillness as a concept can seem intimidating: many shy away from meditation and mindfulness programs for this reason. Those with limited time in their day may also choose physical exercise over meditation, believing there's just not room for both. Yogatation brings the perfect balance between mindfulness meditation, breathing exercises, and yoga positions, offering tools for both your body and mind to address stress and promote calmness and physical well-being. Our Yogatate® professional will lead this class expertly combining mindfulness practices, intentional breath, and movement for a wonderfully centering experience.

*1 hour class, 25 participants \$750
/ \$425 per additional hour*

In a 45-minute class, employees will have the ability to take some time out of their day to focus on the benefits of movements and controlled breathing. This seated gentle movement class helps to limber up both the body and mind. Participants come away refreshed and energetic. Classes are stand-alone, one-time interactions.

*3 hour station, 100 participants \$1,500
/ \$340 per additional hour*

This station allows employees to learn the basics, benefits of fused breath and movement in a seated position. The style of the engagement is free-flowing; employees can join the circle, leave and return as they wish.



EFFECTIVE ERGONOMICS

1. Effective Ergonomics: Heads Up and Heels Down

*3 hour station, 100 participants \$1,500
/ \$340 per additional hour*

Our daily work routines can take a toll on our bodies. Who hasn't felt tired and sore after a long day? The good news is that just a few simple adjustments and tips from our experts can make a world of difference to work-related strain and fatigue. Using a mock-up of a typical office workstation as provided by the client, our ergonomic professionals will show employees how to maximize comfort, and minimize strain, in their own work spaces each day. Your employees come to us. Our team will be stationed in a high-traffic area where they can interact one on one or in groups with your employees. If pre-instructed employees can print out photos of their workstation area and self-help tips will be offered. Using a mock station provided by the employer, our professionals will walk participants through best practices to avoid discomfort.

2. Pain Free Pitstop

Misalignments in human posture can result in a range of problems from head to toe: restricted range of motion, pain, organ dysfunction and joint, tendon, ligament and muscle stress. Making a pit stop now can keep you pain-free later. In quick and targeted one-on-ones or more in-depth group iterations, we will explore functional movement and teach participants to recognize what's going on in their body, and what steps they can take going forward to feel their best every day.

*1 hour class, 25 participants \$750
/ \$425 per additional hour*

In this 60-minute class, employees will be shown how to scan their body from head to toe, starting with balance, assessment of core muscles and ending with posture work, coming away with a new perspective and tools to make changes to reduce overall discomfort and boosting balance and energy. As a series, employees will be able to continue working on their toolbox

*3 hour station, 100 participants \$1,500
/ \$340 per additional hour*

This station focuses on the foundation of the body via a series of fun activities that also provide participants with a new understanding of their posture and alignment, and what simple, practical adjustments they can make to feel better going forward!

3. Quick Workstation Adjustment

*1 hour roam, 15-20 participants \$750
/ \$425 per additional hour*

It's natural to blame poorly crafted workstations, cars, chairs and mattresses for our aches and pains. But ergonomic design only solves part of the equation: So much of our physical wellbeing is within our control. If we're slightly more attuned to what we're doing with our bodies, it makes a world of difference.

Our licensed professionals roam your offices, interacting with individual employees, pointing out areas in their control that can be changed on the spot to help reduce the chance of a musculoskeletal injury. In addition, a brief interaction showing an employee self-massage or seated yoga stretches will help keep them healthy and alert. One professional will roam the office.



FITNESS ACTIVITIES

1. Just Move!

Sometimes, the most rewarding exercise is the one that brings us the most joy. In this all-levels-welcome space, dance professionals from a wide variety of style backgrounds lead participants through movement and music that sparks exuberance and builds confidence and community, all while boosting cardio, muscular and emotional health. It's all the endorphins you feel from a great night of dancing, but now you can take that radiant glow back to your desk, too! This service will require access to a sound system and/or an electrical outlet.

1 hour class, 25 participants \$750
/ \$425 per additional hour

This 1-hour class, led by a certified professional, hosts up to 25 people and is accessible to anyone at any level, regardless of fitness or experience.

3 hour station, 100 participants \$1,500
/ \$340 per additional hour

As an event station, this program runs on a continuous loop for employees to jump in and out of the class. Gaining an introduction to the practice or improving on their skills while enjoying a fun and energized environment.

2. Pilates

Originally designed as a program to strengthen and rehabilitate injured war veterans, this iconic exercise system by Joseph Pilates is now a favorite of dancers, athletes, and anyone seeking to improve alignment, posture, balance and coordination. Our Pilates mat classes focus on foundational core building and can be customized to the client's specifications depending on space. Reformer classes can also be taught if the client has access to the relevant facilities and equipment. The classes are accessible and beneficial to all regardless of prior experience or current fitness level. This service will require access to a sound system and/or an electrical outlet.

1 hour class, 25 participants \$750
/ \$425 per additional hour

This 1-hour class, led by a certified professional, hosts up to 25 people and is accessible to anyone at any level, regardless of fitness or experience

3 hour station, 100 participants \$1,500
/ \$340 per additional hour

As an event station, this program runs on a continuous loop for employees to jump in and out of the class. Gaining an introduction to the practice or improving on their skills while enjoying a fun and energized environment.



WALK & WIN ACTIVITY CHALLENGE



Our Activity Challenges provide an online forum to engage employees in a fun, healthy activity where they capture their physical efforts and earn rewards for staying active!

Highlights

- User-friendly, low-to-no-maintenance platform
- Over 60 virtual map-based challenges to choose from
- Over 100 exercises which can be converted into steps
- App syncs with most wireless step-tracking devices
- Serves any number of employees worldwide
- Challenges can be individual, or team-based
- Incentives (Amazon e-gift cards) managed by IH21

Pricing

Our pricing model is dependent upon your expected participation- up to whatever number of walkers you select are included in the price, and any additional walkers would be billed for at the end of the challenge (usually around \$16 each, depending on expected participation). Incentives are not included in the base costs. Please see below for some examples.

Up to	Base Cost	Add'l Walkers
25 walkers	\$1,800	\$16
50 walkers	\$2,199	\$15
100 walkers	\$2,948	\$14
200 walkers	\$4,297	\$13

Incentives

IH21 can handle incentives in the form of Amazon e-gift cards - any other type of prize would need to be bought and distributed internally. Since shipping is not a factor, the total cost of your incentives is what you pay. The gift card amounts and quantity can be customized however you would like, but our usual format is as follows:

- One random winner each week (\$25- \$50 each)
- A raffle for everyone who met the final step goal at the end of the challenge, 3-5 winners (\$100 each).

If the quantity of gift cards we're distributing for your challenge meets or exceeds 25, there would be an additional admin fee of \$125, though this is rarely the case for the majority of programs.



SMOKING CESSATION- SMOKE FREE FOR LIFE



\$1,200. Maximum of 12 participants (5 Min). \$35 PP for course packet: Smoke Free for Life Manual, Educational pieces and worksheets. Cost of shipping packets to participants included. Conducted by Certified Health Coach, Exercise Physiologist, Trained and Certified in Tobacco Cessation.

Smoke Free for Life is a seven (7) session nicotine cessation program. The first 6 sessions are weekly. The 7th session is a one month follow up. The program would be run as a group webinar with up

to 12 participants in each group. Smoke Free for Life views quitting as a process. Putting down your cigarette/vape/chew for the last time is an event. Staying quiet is the challenge. The first two sessions of Smoke Free for Life focus on the preparation to quit - making plans and building a solid foundation through knowledge and skills. Participants will quit at session four. The next three sessions are devoted to staying quiet and living a healthier and more rewarding life. The final session is a one-month follow-up.

NICOTINE CESSATION *(support- telephonic or telehealth coaching per person)*

One Support Session \$60.00

Two Support Sessions \$95.00

Three Support Sessions \$130.00

Deciding to quit tobacco/nicotine and maintaining that decision is a pivotal step toward better health. IH21Health Coaches are here to inspire and assist participants on their journey to becoming nicotine-free, providing a judgment-free environment for participants to seek information and discover resources within their company and community to help them quit smoking.

Call 1: Getting Ready to Quit

- Complete an intake form with participant
- Discuss the health effects of quitting-focusing on positive outcomes
- Set a goal
- Engage in a "Reason to Quit" discussion
- Identify and address barriers to quitting

Call 2: Breaking the Habit/Addiction

- Delve into nicotine and its addictive nature
- Explore strategies for overcoming addiction
- Discuss tobacco alternatives
- Provide guidance on seeking help: Referring participants to employer/insurer resources and national support networks

Call 3: How to Quit

- Explore personal triggers and situations that lead to smoking
- Present viable alternatives to tobacco consumption
- Examine the rewards of quitting

These Nicotine Cessation Support Sessions are designed to empower participants in their journey to a smoke-free life by offering personalized guidance and practical solutions.

COMPREHENSIVE WELLNESS PLATFORM

Comprehensive Wellness Dashboard provides a secure customizable platform to manage all aspects of your wellness program. From scheduling to promoting to housing health data and providing a library of health resources. All features and services can be selected individually or bundled to provide a custom fit for your wellness offerings.

Pricing

Implementation: \$2,500

Included

- Event Management System
- Health Risk Assessment
- Reminders and Communications
- Customer Service
- Health Coaching: Inbound communications/questions with IH21 Health Coach ("Ask a Health Coach")
- Secure Participant Access to Results (ability to share with Healthcare Provider)

Additional Add-Ons

- \$2.00 PEPM
- Personal Health Dashboard - "Know Your Numbers"
- Monthly Newsletter
- Inbound Health Coach Calls
- Educational Resources

Incentive Tracking

- Participation-Based - \$1.00 PEPM
- Outcomes-Based/ Reasonable Alternatives - \$2.00 PEPM

Challenge Platform

- \$0.75 PEPM
- 3, 6, or 12-month incremental periods

Educational Programs

- \$0.75 PEPM
- 3, 6, or 12-month incremental periods



PODCASTS

New in 2025: All Seminars/ Webinars are able to be customized into a 10-20 minute podcast for \$295. If you'd like to make it a series, additional sessions are \$195. Simply let us know if there is an introduction or ending you'd like to add for your employees, and we can add that for you!

SEMINARS/ WEBINARS

1-hour live sessions with topic experts. Q&A time worked into the class. Webinars are recorded - recordings are available to share for 30 days from date of delivery. Virtual sessions presented via Webex. 500 participant maximum.

New in 2025: We are offering the ability to have a live American Sign Language interpreter alongside the presenter. Paired with closed captioning, this allows webinars to be even more welcoming to our hard-of-hearing audience members. Webinar must be on our platform. The interpreter will be viewable in the recording as well.

DISEASE PREVENTION (\$595)

1. All You Need to Know About Cholesterol

In this program, participants will explore the complex role of cholesterol in maintaining a healthy lifestyle. Together, we will examine the role cholesterol plays in nutrition and wellness, and discuss the various types of fats that contribute to good and bad cholesterol numbers. Participants will leave this program with the resources to make informed lifestyle and diet choices to improve their cholesterol levels

2. Colorectal Cancer Screening

To beat colorectal cancer, it is paramount that the disease is detected as early as possible, which is why colon cancer screening is so important. Participants will learn early warning signs, tests, treatments, and best preventative practices to seek immediate medical attention as needed. This seminar is for informational purposes only and is not intended to give medical advice, diagnose or make treatment recommendations.

3. Diabetes

During this seminar, participants will discuss the causes, signs, and symptoms of diabetes. Together, we will examine the differences between the various types of diabetes, and how best to customize an individualized treatment plan. By the end of this seminar, we aim to help participants be aware of the lifestyle and nutrition changes needed to enhance their quality of life while living with diabetes.



PODCASTS/ SEMINARS/ WEBINARS

DISEASE PREVENTION (\$595, continued)

4. Inflammation, Diet and Disease

Inflammation is a process controlled by our immune system to protect us from harmful substances such as bacteria and viruses, damaged cells, irritants, or allergens. In this program, participants will explore how chronic inflammation can lead to disease, and the health choices they can make to address harmful impacts of inflammation. Together, we will identify and discuss foods that comprise a pro-inflammatory diet, the routine medical tests to ensure we are not at risk of serious inflammation related illness, and review the resources to ensure healthy diet and lifestyle choices.

5. The Gut-Brain Connections (Webinar Only)

Prebiotics, probiotics, and postbiotics, oh my! More and more people are talking about the importance of gut health for mental health, but what does it all mean? The goal of this class is to understand the new research still being done about the gut-brain axis, the impact that gut-health can have on your body and mind, and what you can do about it.

6. Why Cancer Screenings Matter

In this webinar, we'll take a comprehensive look at cancer, including what it is, the risk factors, and the various treatment options available. The primary goal is to help you better understand cancer in general and empower you to be proactive about your health. We will delve into the importance of early detection through regular screenings, how different types of screenings work, and who should be getting them. By the end of this session, you'll be equipped with the knowledge to take control of your health and make informed decisions about cancer prevention and treatment.

7. Understanding Your Immune System

The immune system is complex, intricate, and aids in healing our body and alerting us to injury or infection. In this seminar, participants will learn how our immune system works and what we can do to optimize our immune system and keep our lymphatic system flowing. Participants will leave with resources to reduce chronic inflammation, reduce the impact of viruses, and better understand the role nutrition, exercise, sleep, and stress may have on your immune system.

FINANCIAL WELL-BEING (\$725)

8. 401(k) Savings Fundamentals

The goal of this class is to provide participants with a fundamental understanding of retirement savings and why it is so important to start saving now. Learning how to invest in a 401(k) savings plan will allow participants the advantage of building up wealth accumulation for retirement. Additionally, participants will be provided resources to support their investment planning over time.

9. Handling Financial Stress

With inflation raising the cost of everything in today's economy, a significant percentage of Americans are living paycheck to paycheck, even those with six-figure incomes. In this course, participants will be provided concrete steps to stabilize and support their income, control their spending, and plan for emergencies. Best practices on maximizing your opportunities to earn and save will be shared with all participants to apply to their own financial circumstances during this challenging time.

10. How Financial Stress Affects the Workplace

The financial stress of the past few years seems likely to continue in our ever-changing economy. The long lasting impact of the pandemic has had an effect on many facets of our lives, including our work performance. In this class, participants will examine the stressors to be aware of and how to take control of key financial aspects of their lives that can improve their overall workplace experience.

11. Living Off Your Paycheck

In today's financially uncertain world we need more guidance on how to live as frugally as possible with inflation rising at rates not seen in generations. In this course, participants will be provided common sense advice to stretch their dollars and make ends meet. This seminar will cover goal setting, as well as how your beliefs about money impacts your saving and spending habits. Together, we will discuss debt reduction strategies, learn the difference between wants and needs, and explore how to increase wealth and maximize opportunities.

PODCASTS/ SEMINARS/ WEBINARS

FINANCIAL WELL-BEING (\$725, continued)

12. Holiday Budgeting

We may have our finances under control during the year, but holidays can seriously send spending out of control. This class will help you avoid waking up on January 2 thinking, "how could I have spent and eaten that much!?" This motivational class teaches a skill set to keep the holidays in balance, financially.

13. Mind Over Money

This session is designed to help participants explore how their thoughts and beliefs impact their financial behaviors. In this interactive class, participants will reflect on their personal history with money and examine how financial decisions influence emotions. Together, we'll discuss healthy and unhealthy attitudes about money, as well as best practices for making rational financial decisions. Join us to gain insights into your financial mindset and learn how to develop healthier money habits for a more secure future.

HEALTHY LIVING (\$750)

14. Accessing Mental Health Support

During the Holidays- While the holidays often bring joy and celebration, they can also be a time of unexpected grief and stress. This class will explore the challenges the holiday season can pose to our mental well-being and how to overcome the stigma of seeking mental health support, particularly within the Black community. We will also highlight the tools and resources available through your employer, emphasizing that you have every right to access the mental health care you deserve. Advocating for your well-being is a powerful and necessary step, free of shame.

15. Allergies

Tired of being ambushed by pollen, pets, or mystery foods? In this class, we'll tackle the wild world of allergies—what causes them, the different types that make us sneeze, itch, and wheeze, and the sneaky risk factors that catch us off guard. We'll also cover treatments that work and some pro tips to keep allergies from running your life. By the end, you'll be ready to take on allergy season like a champ and finally breathe easy!

16. Beat the Heat: Preventing Heat Related Illness

Feeling like you're melting in the summer heat? This seminar has you covered! We'll dive into the essentials of staying cool— how to spot the signs of dehydration before you become a human raisin, tips for keeping hydrated (spoiler: it's more than just drinking water), and knowing when it's time to call for backup. By the end, you'll be ready to take on the sun like a pro, staying safe and cool even when temperatures soar.

17. Clean Living

In this class, participants will learn about adapting a healthy lifestyle to meet their wellness goals. Clean living supports removing toxins and taking a mind and body approach to living. Together, we will discuss what adds toxins to your mind and body, and how to eliminate them for good. Topics include establishing a healthier way of eating through whole, real, nutrient-rich food, as well as examining how to eliminate processed foods from our daily lives. Additionally, this class will discuss toxic products to avoid in the home, and the vitamins & supplements to include in our daily regimens.

18. COVID-19 and PTSD

This class will provide helpful information regarding Post-Traumatic Stress Disorder (PTSD) and its relevance during the COVID-19 pandemic. Together, we will discuss the history of PTSD, the criteria for diagnosis, and the types of people it can affect. Following the presentation, attendees will be able to identify PTSD symptoms and triggers, assess whether or not treatment should be pursued, and evaluate their own mental health with a simple exercise.



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PODCASTS/ SEMINARS/ WEBINARS

HEALTHY LIVING (\$750, continued)

19. Day One - Journey to Healthy Habits

Start your journey toward a healthier, more fulfilling life with this interactive workshop designed to ignite motivation, build sustainable habits, and overcome common challenges. Learn practical strategies like time management techniques, the power of small wins, and habit-stacking methods that drive lasting change. Explore how belief systems influence success and discover how to set realistic goals that align with your personal aspirations. This empowering session includes motivational insights, actionable steps, and reflective exercises to help you take control of your well-being from day one. Join us to transform your intentions into lifelong healthy habits!

20. Exercise Basics

In this course, participants will learn the fundamental principles of exercise science. Whether you are new to exercise or resuming training after a prolonged absence, this session can provide you the first steps in planning your fitness regimen. Together we will review the key components of fitness, how physical activity can improve other areas of your life, and help change your mindset to accomplish your fitness goals.

21. Exercising at Home

Working out at home is a convenient and budget-friendly way to stay fit. This session will guide you through the essential steps of selecting the right equipment that fits your space and budget, creating a customized fitness plan tailored to your goals, and staying motivated to keep moving forward. We'll also explore a variety of supplemental resources to enhance your workouts and keep you engaged. Whether you're just starting out or looking to optimize your home routine, you'll leave with the tools and inspiration needed to reach your fitness goals efficiently and effectively—all from the comfort of your own home.

22. Getting Organized

In this class, participants will learn about the benefits of getting organized and how to get started right away. Topics covered in this session include how to determine your own organizational quotient, external factors that lead to disorganization, and the consequences of being disorganized. Participants will leave with resources on how to bring organization to your life, and what factors, such as storage space, may be needed for you to thrive!

23. Green Tips for the Home

In this seminar, participants will explore practical actions to reduce their carbon footprint while saving money. We'll cover the benefits of using organic and natural products, strategies to increase thermal efficiency, and ways to cut down on electricity usage. This session will simplify the process of leading an eco-friendly lifestyle, giving you the tools to start your journey toward going green. Join us to discover how small changes can make a big difference for the environment—and your wallet!

24. Healthy Aging

As more of our society reaches retirement age, the way we view aging is evolving. In this interactive class, participants will explore commonly held beliefs about aging—learning what's fact and what's myth. Together, we'll reflect on our own perceptions of aging, discuss how to shift our mindsets to appreciate the benefits of growing older, and explore ways to fully enjoy the golden years of life. This session will also provide participants with key financial, social, and health questions to help prepare for lifestyle changes as they age.

25. Heart in Motion: The Vital Link Between Cardio Fitness and Heart Health

Discover how cardiovascular fitness plays a crucial role in maintaining a strong, healthy heart. This class explores the science behind heart health, how cardio exercise supports your circulatory system, and practical ways to build a heart-healthy lifestyle through movement and exercise.



PODCASTS/ SEMINARS/ WEBINARS

HEALTHY LIVING (\$750, continued)

26. How to Speak with your Health Care Provider

In this seminar, participants will gain valuable tools to make the most of their healthcare visits. You'll learn how to effectively prepare for appointments, communicate clearly with your provider, and follow up after visits. This session will also emphasize the importance of understanding your family's medical history, taking an active role in documenting your own health journey, and advocating for yourself and your loved ones. We'll also explore how factors like race and gender can impact the conversations we have with healthcare providers, empowering you to navigate these discussions with confidence.

27. Maximizing Your Brain's Potential

In this class, participants will explore the mind-body connection and learn about life-long healthy habits to maximize brain fitness. This session will provide the most recent research on neuroplasticity, which is the brain's ability to grow, change, and adapt by forming new neural connections. Participants will leave this class with resources to continue to grow and develop their brains, and how to create brain fitness programs at work for employees.

28. Psychology of Exercise

Your mindset can make all the difference in your workout! In this session, we'll explore how approaching exercise with the right mental focus can significantly enhance your results. You'll learn how to incorporate mindfulness, breathing techniques, and meditation into your routine to boost your mental strength, energy, and focus—helping you not only crush your workouts but also tackle your day with greater clarity and motivation.

29. Reclaiming Your Health: The Guide to Recovery

Reclaiming your health after a life-threatening disease, addiction, or other setbacks can feel daunting and discouraging. In this uplifting session, you will learn how to choose hope, incorporate medical research into your recovery plan, and enhance your overall quality of life. Participants will receive valuable resources and actionable steps to explore alternative therapies and supplemental activities that can help you achieve your health goals. Join us to empower yourself on your journey to wellness and rediscover the strength within!

30. Reducing and Managing Pain

If you're suffering from chronic or intermittent short-term pain, this class may offer effective solutions for managing and reducing your overall pain levels. Participants will receive a comprehensive overview of pain, including the most common causes and the significant impact it can have on daily life. We'll provide valuable resources to help manage and alleviate pain, exploring alternative remedies and innovative treatments. Join us to take proactive steps toward improving your quality of life and reclaiming your well-being!

31. Sun Protection

Even though we are all aware of the importance of wearing sunscreen and to limit sun exposure, many fail to recognize that sun exposure can cause long-term damage to our bodies. This in-depth seminar discusses sunburn, sun protection tips, heat rash, and the importance of hydration in the heat. Participants will leave this class with the resources and knowledge to make the right decisions to protect themselves from the risks of the sun.



PODCASTS/ SEMINARS/ WEBINARS

HEALTHY LIVING (\$750, continued)

32. Technology and Exercise

Dive into the rapidly expanding world of technology in the fitness industry and how to benefit from the immense influx of information and innovation. From new types of exercise routines and equipment to suggested apps and tech wearables, knowing what is available will provide a huge advantage in reaching your exercise goals. Participants will leave this session with the tools and resources needed to safely and effectively move their bodies and regain their focus!

33. What is Proactive Health

Proactive health emphasizes preventive measures, healthy lifestyle choices, and regular wellness practices to maintain optimal health and prevent illness before it arises. By understanding and implementing proactive health strategies, individuals can take charge of their health, reduce the risk of chronic diseases, and enjoy a better quality of life. Let's explore how proactive health can transform the way we live and thrive.

34. Workday Workouts

Like any positive change, incorporating exercise into your daily life requires habits and routines that are achievable and attached to specific fitness goals. In this class, participants will learn the importance of fitness, and the best practices to easily make it a part of your daily life. Join this interactive session to learn more about nutritional facts, how to have the right attitude, set goals, and incorporate fitness into your workday routine.

35. Your Healthy Heart

Heart disease is the leading cause of death for both men and women, with a heart attack occurring every 40 seconds in the United States. In this session, participants will review important facts and risk factors to improve their quality of life, longevity, and overall health. This class will provide resources, symptoms to watch out for to recognize strokes or heart attacks, and key diet and nutrition guidance to implement right away to reduce your risk of heart disease.

MEN'S HEALTH (\$750)

36. Men's Health

Men today have the power to take control of their health and live longer, stronger lives. This class is designed to inspire action by highlighting the transformative impact of preventive health measures. We'll break down the societal barriers that often hold men back from seeking the care they need and empower participants with vital resources and knowledge. By the end of the session, you'll have a personalized action plan with clear, powerful steps to elevate your well-being and thrive in every aspect of your life.



37. Men and Depression

While men are less likely to suffer from depression than women, they are less likely to seek treatment when depression does occur, and much more likely to die of suicide than women. Together, we will discuss the causes and impact of male depression, and societal stigmas that discourage men from getting treatment. Participants will learn how to recognize signs of depression, how they can help themselves, and how to support others.

38. Understanding Testicular Cancer: An Overview

In this seminar, we will provide a comprehensive overview of testicular cancer, including its types, signs, and symptoms. We'll explore controllable and uncontrollable risk factors, the steps involved in the diagnosis process, and available treatment options. Additionally, we will delve into the emotional aspects of coping with a cancer diagnosis, offering insights and support for navigating the journey ahead.



PODCASTS/ SEMINARS/ WEBINARS

WOMEN'S HEALTH (\$750)

39. Breast Cancer Awareness

The purpose of this seminar is to educate and empower participants regarding breast cancer. Participants will learn early warning signs and best practices to detect breast cancer and seek immediate medical attention as needed. This seminar is for informational purposes only and is not intended to give medical advice, diagnose or make treatment recommendations.

40. Menopause

Menopause is simultaneously a unique and universal experience for women. In this program, participants will define menopause while learning what to expect, examine the causes of menopause, and explore potential complications that may occur. Together, we will discuss the tests, treatments, and remedies to consider with the onset of menopause, as well as the importance of partnering with your doctor to find a plan that works best for your body.

41. Women and Depression

Depression is among the leading causes of disability and affects over 280 million people worldwide, with women comprising a larger proportion of those diagnosed. In this class, participants will discuss the causes, symptoms, and impact of depression, as well as ways to both seek and receive help. Though depression can be reliably diagnosed, few of those affected actually receive the proper treatment. Participants will learn the barriers to treatment as well as ways to overcome them for a happier, healthier life.

42. Women's Health

While women are much more likely to seek preventative medical care than men, women may not realize the risks of heart disease (the number one cause of death for women) or strokes. In this class, learn the preventative steps women should be taking at all ages to reduce medical risks. Participants in this class will leave with the resources to identify symptoms for breast cancer, osteoporosis, menopause, and seven overall fitness steps to take for a healthier you!

MENTAL HEALTH/STRESS MANAGEMENT (\$750)

43. A New Look at Well-Being

In this class we will take a look at the factors affecting our well-being, including the pandemic and the impact of the social, political, and economic landscape. Now, more than ever, taking the time to self-reflect and find the time for our self-care is paramount for our professional success and to support and empower others. Join this interactive class as we discuss how to tackle these tough issues so that we can help ourselves and others improve our health and well-being, despite the challenges we face.

44. Alternative Medicine: Fact or Fiction

What our modern society deems alternative medicine has been in practice for thousands of years in many parts of the world. In this class, participants will be provided an overview of the most commonly utilized alternative healing arts, including chiropractic, homeopathy, herbal and Chinese medicines, naturopathy, acupuncture, and therapeutic massage. Together, we will explore the benefits of each practice, and how these healing modalities can contribute to and enhance your overall health and wellness.

45. Be Positive

Although not everyone believes in the power of positive thinking, for centuries it has been a field utilized by countries around the world. Today, scientists understand why the attitudinal approach of positive versus negative energy dramatically impacts us and our relationships with others. In this class, we will discuss our ability to benefit from the power of positive thinking by making changes to our thought process and perspective.



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PODCASTS/ SEMINARS/ WEBINARS

MENTAL HEALTH/STRESS MANAGEMENT (\$750, continued)

46. Compassion Fatigue

Compassion fatigue is a combination of secondary traumatic stress and burnout. For many of us, our day-to-day jobs are not only physically but mentally exhausting as well. This class will guide participants through the signs and symptoms of compassion fatigue, and identify self-care strategies to help cope with the impact on our daily lives.

47. Creating an Annual Well-Being Plan

Ready to crush your well-being goals without burning out by February? In this session, we'll walk you through 12 game-changing habits that will boost your physical, mental, and emotional health all year long. You'll get to pick the ones that fit your lifestyle, and we'll even throw in some resources to help you stay on track (because we know life happens). By the end, you'll be ready to tackle your well-being plan like a pro and enjoy a healthier, happier you!

48. Dealing with Mental Health Issues

Mental illness can have a major impact on your life and your loved ones. In this class, participants will learn how to identify signs of concern, how to have challenging conversations of support, and important resources. Together, participants will discuss how to cope with mental illness while managing their own stress levels as they support those in need.

49. Depression

Depression is among the leading causes of disability worldwide and affects over 280 million people worldwide. In this seminar, we will discuss the causes, symptoms and impact of depression, as well as ways to both seek and receive help. Though depression can be reliably diagnosed, few of those affected actually receive the proper treatment. Participants will learn the barriers to treatment as well as ways to overcome them for a happier, healthier life.

50. Embracing Happiness

What does it truly mean to be happy in today's world? This seminar dives into the history and different types of happiness, offering insights into how to live a happy, fulfilling life. Participants will explore the ideas of historical figures who have shaped how we think about happiness and share their own experiences of joy. This interactive session also provides resources to continue learning about happiness, encouraging a deeper understanding of this essential aspect of well-being. Join us to discover what happiness means for you!

51. Embracing Imperfection Through Kintsugi

Wisdom This presentation explores the ancient Japanese art of Kintsugi as a metaphor for personal growth, resilience, and the beauty of imperfection. By highlighting the power of vulnerability, the strength found in healing, and the value of shared human experiences, it encourages viewers to see their flaws and life's "cracks" as golden seams that tell a story of transformation. Rooted in cultural wisdom and emotional authenticity, this session invites reflection, connection, and a celebration of what it means to be beautifully imperfect.

52. Friends and Family: Our Foundation in Life

This engaging session explores the essential role that friends and family play in shaping our emotional, mental, and physical well-being. Participants will uncover the profound benefits of strong social connections, identify common barriers to maintaining these relationships, and discover practical solutions to nurture them. Through reflection and interactive activities, the session empowers participants to prioritize and strengthen their relationships, leading to a more balanced, fulfilling life.

53. Fear and Anxiety: Moving Forward

Fear and anxiety can cause challenges in being fully present and enjoying our lives. In this class, participants will discuss the similarities and differences between fear and anxiety, while learning how they can impact our ability to be productive and comfortable. Together, we will explore the power of harnessing our thoughts towards a pathway for successfully managing our fears and anxieties, as well as resources and coping strategies that can help us to move forward.

54. Getting You Help

In challenging times, the last person we do wellness checks on are often ourselves. During this important class, we will learn how to evaluate our own mental health, and determine if we are suffering from anxiety or insomnia, and that we are eating healthy and not neglecting ourselves during periods of stress. Participants will leave this class with the resources to find the external help we all can benefit from at times, as well as coping mechanisms and a mental health check list for future reference.

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PODCASTS/ SEMINARS/ WEBINARS

MENTAL HEALTH/STRESS MANAGEMENT (\$750, continued)

55. Gratitude

This seminar will provide participants with the latest science in the field of gratitude and how it can help to increase meaningful relationships in all areas of your life. Together, we will analyze the research to empower ourselves to incorporate gratitude both at work and at home. This important topic increases our awareness on the complicated relationship

56. Health News

In today's non-stop news cycle, the sheer volume of health and wellness news available is overwhelming. In this session, participants will leave with the tools to navigate the news to make informed decisions about their health and wellbeing. Join this interactive session and learn how to filter out harmful or inaccurate health information, know which sources are trustworthy, and ensure you are making the best health care decisions possible.

57. Increasing Mental Toughness

In this seminar, participants will be provided the opportunity to reflect on the challenges of the past few years, and to self-reflect on the opportunities for growth in the face of adversity. Together, we will discuss what it means to be mentally tough, how to find the positive in negative circumstances, manage ambiguity, and react with agility to change. Finally, we will dive into the importance of 'grit', defined by Dr. Angela Duckworth as 'passion and sustained persistence applied toward long-term achievement,' which is a much needed skill for both personal and professional growth in today's world.

58. Lightening Your Life with Laughter

This informative and enjoyable workshop shares proven techniques for using laughter to reduce stress in your life. Participants in this class will explore the history, practices, beliefs, and the positive aspects of laughter therapy. This seminar reminds participants about the wonderful energizer that is laughter, the many therapeutic benefits, and the importance of living while laughing out loud to reduce our daily stress and enjoy what life may bring.

59. Living in Uncertain Times

If you're tired of hearing the phrase "unprecedented times," you're not alone! In today's unpredictable world, the constant uncertainty brings unique challenges, both at work and at home. With stress and anxiety on the rise, leaders need the right tools to stay grounded and make informed decisions. In this class, we'll tackle the emotional toll of living through these so-called "unprecedented times," offering strategies to manage stress, build resilience, and maintain well-being. By the end of the session, you'll feel more prepared to communicate about sensitive issues, focus on self-care, and strengthen your ability to thrive in the face of ongoing uncertainty.

60. Managing Fear and Anxiety

Acknowledging negative thoughts can take away their power, as how we perceive situations affects our reactions more than the situation itself. In this class, participants will learn coping skills to address their thoughts and recognize that their fears and anxieties are manageable and controllable. Together, we will share best practices and resources about the power of our thoughts, mindfulness & breathing exercises, and practice breathing & self-soothing techniques.

61. Master Your Mindset: How Journaling and Planning Can Transform Your Life

Unlock the power of self-reflection and personal growth with this engaging session on journaling and planners! Discover how these tools can boost your productivity, improve mental clarity, and enhance creativity. In this workshop, you'll learn the science behind journaling, explore different types of journals and planners, and gain the skills to create your very own personalized dot journal. Whether you're new to journaling or a seasoned pro, you'll walk away with actionable insights to start or elevate your journaling practice. Whether you prefer digital or paper, journaling can help you stay organized, reflect on your goals, and manage stress. Join us to start your journey toward a more productive and mindful life!

62. Mental Health

Mental health issues are more prevalent than widely believed, but fortunately, proactive treatment works for many people. This class will focus on mental health and illness facts, warning signs, and the stigma that prevents many people from seeking help. Together, we will discuss the resources available to support our loved ones and ourselves to get help right away.

PODCASTS/ SEMINARS/ WEBINARS

MENTAL HEALTH/STRESS MANAGEMENT (\$750, continued)

63. Mindful Meditation

Together, mindful meditation allows the mind to pay attention to whatever thoughts, sounds, and sensations may enter; it is a state of being acutely aware. In this session, participants will explore the benefits of mindful meditation, dispel myths, and analyze data that supports the impact it can have on our daily lives. Join us for this interactive session that will conclude with a group mindful meditation session and resources to incorporate best practices for regular use.

64. Opening-Up about Mental Health

While we've made great strides in opening up conversations around mental health, there's still work to be done. This class focuses on the challenges that remain and the stigmas we must continue to break. We'll dive into how mental health impacts other societal issues and explore the ripple effect of mental health outreach. Join us as we push the conversation forward, tackling the barriers that still hold us back and working toward a more open, supportive dialogue.

65. Overcoming Burnout

Employees who say they very often or always experience burnout at work are more likely to call out sick, seek a different job, and be less confident and productive. In this class, participants will learn to recognize signs of burnout in themselves and others, as well as the consequences of burnout to their personal and professional lives. Join this interactive session to listen and share strategies for self-care to bring your life back into balance, and the resources to help overcome burnout for you and others.

66. Preventing Burnout

Burnout is the result of prolonged emotional, mental, and physical exhaustion caused by ongoing stress—but it doesn't have to be inevitable. New research shows that with self-care, healthy boundaries, and effective time management, we can prevent burnout before it takes hold. In this interactive session, you'll gain practical strategies to protect your well-being, build confidence in seeking help when needed, and engage in real-life role-playing scenarios to practice these skills. Take charge of your energy and learn how to prevent burnout for good!

67. Relaxation 101

Relaxation techniques have proven to improve medical conditions, provide calmness during times of distress, and improve our decisions and actions. In this introductory meditation workshop, participants will use guided imagery and breathing to learn how relaxation techniques improve your production during the day and your sleep quality at night. This class will conclude with tips and best practices to incorporate mindfulness, yoga, and other strategies into your life for overall stress reduction and increased clarity of purpose.

68. Resiliency, Part One

Resiliency can be learned and developed through the thoughts, beliefs, and behaviors we use to help us get through difficult experiences. While we all face difficult personal and professional challenges, our resiliency defines our ability to bounce back and forge ahead in spite of adversity. In this two-part class, participants will learn strategies to increase their resiliency and how to implement these best practices into their daily lives.

69. Resiliency, Part Two

Resiliency is learning to manage your life to the best of your ability every day so you are prepared to deal with life's challenges and rebound quickly. In the second part of this class, we will identify the major challenges we come across daily, and how we can respond positively with effective goal-setting strategies that will help us be proactive and prepared. Join this interactive session as we discuss relationships, parenting, finances, and health, while creating personalized action plans to reach our resiliency goals!

70. Self-Care Right Now

Self-care is the key to your own health, while also allowing you to empower others and adapt to change. In this class, we will focus on what we eat, sleep management, and our physical activity levels, all elements of self-care that we control. In this interactive session, we will discuss the important role stress management can play in impacting our physical and emotional health, and the power of communicating and setting healthy boundaries to live happier lives.

PODCASTS/ SEMINARS/ WEBINARS
MENTAL HEALTH/STRESS MANAGEMENT (\$750, continued)

71. Setting Boundaries

With ever increasing access to employees around the clock, setting respectful boundaries is crucial to being successful and to avoid feeling overwhelmed. In this class, participants will analyze the best practices to communicate boundaries in a professional and respectful manner, while recognizing and preparing for conflict with employers or colleagues. Join this interactive session to master the art of delegation, manage expectations of others, and stay consistent to achieve the balance between your personal and professional life that you deserve.

72. Staying Focused During Times of Change

With everything that has changed in our world the past few years, staying focused and present is more challenging than ever before. In this class, participants will explore the value of mindfulness and focus during times of change. Together, we will learn how our brain is impacted by distractions, the importance of regulating emotions, and the best practices and resources to improve our focus and be the best versions of ourselves.

73. Staying Strong and Resilient

Resiliency is the capacity to withstand or to recover quickly from difficulties, and is a trait we all need to persevere when personal and professional challenges come into our lives. How we respond to hardships in our lives is directly correlated to our resiliency, and in this session, we will share strategies to stay strong and maintain a positive outlook. Participants of this class will feel empowered and equipped to handle future challenges with less stress, and will be provided the tools to bounce back quicker and stronger from setbacks.

74. Stress Reduction Toolbag

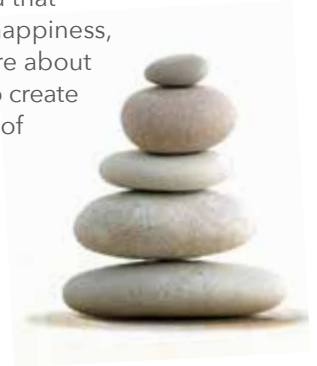
The number one cause of chronic illness in the United States is stress, and unfortunately, the majority of Americans admit to feeling stressed at work. In this interactive session, we will analyze the latest research from stress experts to learn more about the benefits of some stress, and how to limit our overall stress levels. Participants will gain the tools to manage stress, practice mindful communication, and leave with resources to keep our stress levels at a healthy level.

75. Stress Reduction Toolkit 2.0

In our fast-paced world, it seems like the one constant is that we are always under pressure! From tension at home to deadlines at work, fighting stress can feel like a never-ending battle. In this powerful and informative seminar, participants will learn the key strategies to reduce physical tension, manage automatic negative thoughts, and increase self-care so that their day is more productive, enjoyable, and less stressed!

76. The Art of Feng Shui

Feng Shui is an ancient art from China that balances energy to promote health, happiness, and prosperity. In this class, learn more about this popular practice, the tools used to create an easy and calming flow, the impact of clutter, the role of color, and the five elements associated with Feng Shui. Enjoy this interactive session and leave with best practices and resources to enhance the energy and flow in your workplace.



77. The Connection Between Exercise and Mental Health

Daily exercise is a proven way to enhance both our physical and mental well-being. In this informative class, participants will explore the myriad benefits of regular exercise, including its positive effects on our immune system, its role in reducing the risk of disease, and its ability to lower stress levels. Discover how to embark on a healthy journey towards improved mental health and learn effective strategies to stay motivated and achieve your fitness goals. Join us to empower yourself with the knowledge and inspiration needed to embrace the transformative power of exercise!

78. The Importance of Unplugging

For today's remote workers, the line between when your work day begins and ends is more blurred than ever before. Technology allows for constant connection, which is causing remote workers to spend more time at their computer and unable to enjoy the benefits of working from home. In this session, we will discuss the serious risks of always being attached to our devices, the importance of unplugging, and explore best practices to unplug from work and reconnect to your life.

PODCASTS/ SEMINARS/ WEBINARS

MENTAL HEALTH/STRESS MANAGEMENT (\$750, continued)

79. Tools for Today

After the past few years, nothing is more important than prioritizing our mental and physical health in the pursuit of happiness. During this class, participants will learn about best practices that have been proven to enhance our lives. Participants are encouraged to share their own tools for personal fulfillment through mindfulness, healthy eating, sleep routines, socialization, and putting our own self-care first

80. Understanding Burnout: Causes and Solutions

This upbeat training dives into the serious topic of burnout with a fresh, relatable approach. Participants will explore what burnout really is (and what it isn't), recognize the warning signs, and understand the personal and workplace consequences of chronic stress. Through engaging

activities, polls, visuals, and self-assessments, attendees will learn how to break the burnout cycle, build resilience, and create a personal action plan. With practical strategies, fun visuals, and a touch of humor, this session empowers individuals to take back control of their well-being—while also learning how to support others along the way

81. Yoga 101

With a rich history spanning over 5,000 years, yoga is an ancient discipline that harmoniously blends physical postures, breathing techniques, and the mind-body connection. This introductory class will provide a comprehensive overview of yoga's history and highlight the benefits of some of the most popular yoga styles practiced in the United States today. Join us to explore the transformative power of yoga and discover how it can enhance your well-being!

NUTRITION EDUCATION (\$595)

82. Cafeteria Shopping

In this class, participants will learn key strategies for maintaining a healthy diet during the workday. This interactive workshop will guide you through typical cafeteria options, helping you create a personal "shopping list" of foods that support better health. Participants will also have the opportunity to share personal tips and tricks, fostering discussions to help everyone reach their wellness goals. Join us to take control of your workday nutrition and boost your well-being!

83. Eating Right for Life

If donuts for breakfast, candy bars for lunch, and making impulse decisions while eating on the run sound familiar, then this class is for you! In this engaging seminar, participants will discover the power of nutrition and learn how to make informed food choices that promote lasting, healthy habits. Expect to leave this interactive session with a clear understanding of what your body needs for optimal health and the key nutritional guidelines that will set you up for success. Join us to take control of your nutrition and feel better every day!

84. Eating Right on the Run and on a Budget

We've all made excuses to eat "junk" or "fast" food when life gets busy, but it doesn't have to be that way! In this seminar, participants will learn realistic strategies to eat well, even with rising food costs in mind. We'll explore which items are worth paying a premium for and when it's best to opt for organic products. Together, we'll uncover practical steps to eating healthy while staying within your financial means. Join us to learn how to make smart, budget-friendly choices that support your health without sacrificing taste or quality!

85. How to Reduce Body Fat Without Restrictive Eating

As our nation grapples with the obesity crisis, many turn to harmful methods like restrictive eating to reduce body fat. In this seminar, participants will learn simple, physician-recommended eating habits that promote healthy fat loss without compromising well-being. Join us to explore dietary guidelines, best practices, and effective steps for feeling full while shedding body fat in a safe and sustainable way. Take control of your health with the tools to achieve long-term success!

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PODCASTS/ SEMINARS/ WEBINARS

NUTRITION EDUCATION (\$595, continued)

86. Plan, Prep and Prosper: Eating Well Made Easy

Say goodbye to last-minute takeout and hello to stress-free, healthy eating and savings on grocery bills with meal planning and prepping! In this interactive session, you'll learn how to take control of your meals, save time, and eat healthier all week long. We'll dive into the differences between meal prepping and planning, and how you can customize your approach to fit your nutritional goals. Whether you're looking to save time, eat cleaner, or reduce food waste, this session will give you the tools and tips you need to make meal prepping fun, easy, and tailored to your needs!

87. Nutrition Navigator

Understanding nutritional labels and planning meals for the week ahead are important steps in making healthy choices. In this seminar, participants will learn about the importance of

breakfast, tips for healthy snacking, healthy options when eating out, and maintaining healthy blood sugar levels. Join us for an interactive session that provides context on the popular diets and resources available today for you to find the balance and variety to stay healthy and focused!

88. Understanding Food Labels

Tired of feeling lost when reading food labels? This session is your ultimate guide to cutting through the confusion and making smarter, healthier choices! We'll show you how to decode nutritional facts, spot the key info that supports your health goals, and break down the buzzwords, claims, and marketing tricks on food packaging. Plus, you'll get the inside scoop on what those food dating stamps mean and why checking the ingredient list is a game-changer. Leave this session feeling empowered and ready to shop with confidence, knowing exactly what's going into your cart!

SLEEP (\$825)

89. Dealing with Serious Sleep Issues

A sleep disorder is any disruption or disturbance of your usual sleep pattern. In this class, participants will explore the different types of sleep disorders and their causes, discuss the benefits of sleep studies, and examine sleep's relationship to stress and the release of cortisol. Additionally, participants will identify ways to address insomnia and be provided other helpful resources.

90. Sleep Basics

Sleep is the often overlooked component to lead a healthy lifestyle. In this seminar, participants will learn the physical and mental benefits of a good night's sleep, how to establish daily habits that promote and improve your sleep environment, and relaxation techniques to address insomnia. Participants will leave this session with the resources to improve their sleep and overall quality of life.



PODCASTS/ SEMINARS/ WEBINARS

TAKE YOUR KIDS TO WORK DAY (\$625)

91. Best Practices for Supporting Others

This seminar will allow participants to discuss best practices and techniques for providing support to others. Participants will learn how they can provide support without taking on the role of a counselor or therapist, and leave with real life strategies and resources they can use to listen to and support their loved ones. Join this interactive discussion as we role play how best to react to workplace dynamics that will be well received by your employees.

92. BFF: Best Friends Forever

Building friendships is an important aspect of adulthood and childhood. Healthy friendships boost self-esteem, overall wellness and success in school, work, and throughout our lives. In this course, children will explore what qualities make them a good friend as well as what behavior to expect from their friends. For older elementary and middle school children, the discussion and activities will examine the topics of peer pressure and bullying.

93. Creating Your Path

Exploring interests, making connections, and building a future. This program is designed for middle to high school students who are beginning to explore higher education and careers. Participants will leave understanding that they must fill their "life toolbox" with skills to determine their life journeys, the importance of building and maintaining personal connections, and the social skills to interact with others in order to pave the way to a life full of possibilities.

94. Get Moving

In this session, parents will learn the importance of movement in the daily routines of their children. Together, participants will share best practices on how to keep their children active through short exercises, games, and activities. This is an interactive class with resources for parents to ensure your children are as healthy and active as possible!

95. Good Manners Will Get You Everywhere

In this interactive course for children, we will provide an overview of business etiquette best practices that children can start practicing right away. Children will learn valuable life lessons that are appreciated in the world of work, and recognize that how they treat others matter, including greetings, demonstrating patience, and verbal communication cues such as eye contact. Together, we will discuss how our manners can lead to future opportunities and a positive reputation of respecting others.

96. How Safe Are You?

In today's world, personal safety is a top priority for ourselves and our loved ones. This interactive session will teach participants best practices to reduce the likelihood of becoming a target, while also learning how to project confidence and stay focused in dangerous situations. You will gain valuable resources to recognize unsafe environments, develop action plans for various scenarios, and collaborate effectively with law enforcement when necessary. Join us to enhance your awareness and preparedness in maintaining personal safety.

97. If It's to Be It's Up to Me

Much of what leads to success in work and life relies on resilience, perseverance and social skills. In this class, we will guide children to find their talents and interests as they look to their future in higher education and careers. Additionally, we will discuss social networking skills such as building a positive reputation, being savvy on social networking platforms, and making lasting impressions on others.

98. Imagination is More Important than Knowledge

Knowledge and imagination are the key ingredients to solving workplace challenges. In this class, children will understand the value of creativity at school, work, and their daily lives. Success often requires getting a team to come together for an assignment, or to allocate resources efficiently to create a new invention. Children will exercise their imaginations with a variety of challenges executed both individually and in groups.

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PODCASTS/ SEMINARS/ WEBINARS

TAKE YOUR KIDS TO WORK DAY (\$625, continued)

99. It's Not "All About Me"

Success in life can be measured in many ways, but selflessness and giving back to others is one of the most gratifying experiences possible. Serving others at home, in our community, and in the workplace benefits the giver as well as the recipient. Learning empathy and understanding the perspective of others is a skill held by successful leaders, and in this interactive character building event, children will explore how to appreciate differing viewpoints, as well as how they can be of service to others in their greater community.

100. Kids and Money

This seminar is designed to help children understand the importance of financial literacy as a lifelong skill. Children will learn how to manage their money in order to live a happy and healthy life by examining the whole lifecycle of money, including how to earn, spend, save, and invest it wisely. Children will be empowered to create their own income opportunities, in addition to reflecting on how they can make better financial decisions immediately with the money they currently have.

101. Laugh It Off

Laughter is an amazing tool for children to cope with the challenges of childhood. Laughter is a proven stress reliever, and builds rapport and friendship, regardless of age. In this class, children will find the differences between ridicule versus humor, what makes them laugh, and how to deliver a funny story to share the gift of laughter with others.

102. Leadership

What leadership skills do we hope our children learn as the future leaders of tomorrow? In this class, children will discuss the various types of leadership styles and traits to be successful in the world of work. Through a project based learning experience, children will self-identify their own leadership style as well as assess the preferences of the leaders they would like to one day learn from in their careers.

103. Mindfulness

Mindfulness is being aware of the sensations, emotions, and thoughts that exist in the present moment. During this workshop, participants will learn the foundational concepts of mindfulness and how to incorporate it into the lives of their children. Together, we will engage in a short breathing exercise, explore the world through our senses and learn how to expand our attention and focus through mindfulness practices. Parents will leave this class with the resources to embed these techniques into all aspects of a child's life at home, school, and when interacting with peers.

104. Teaming Up

Children begin group work at a young age in school, yet few leave with the important professional skill of working well with others. This session will develop your child's ability to recognize leadership traits, how to be responsible and reliable contributors to group projects, and collaborate productively and pleasantly with others. Together, we will discuss key concepts such as brain-storming and consensus building as children are assigned a project to plan and execute as a team to identify their personal style of participation.

105. The Sandwich Generation

A growing number of adult children are caring for their aging parents while balancing their careers and family life. Known as the "Sandwich Generation," these family caregivers may need more support to help care for their aging loved ones to help them stay safe living in the home of their choice. In this class, participants will discuss how to gather pertinent information, communicate with family members and proactively advocate and plan for the care of their aging parents and loved ones.

106. Understanding Our Family Members as They Age

Participants in this seminar will gain valuable insights and practical tools to support their aging family members. We will explore key areas such as managing financial and health concerns, and effective advocacy for obtaining the necessary support. Additionally, we will provide strategies and resources for maintaining personal wellness and self-care, helping you navigate the stress and responsibilities of caregiving with confidence and resilience.



PODCASTS/ SEMINARS/ WEBINARS

TAKE YOUR KIDS TO WORK DAY (\$625, continued)

107. What Am I Going To Be?

In this self-exploration class, children will take a personal inventory assessment to identify their talents and passions. Children will leave this program proud to learn that all combinations of skills and interests are employable. Career preparation and exploration can never begin too early in a child's life, as well as learning the skills needed to make a great first impression.

108. Who Am I?

Every child is unique, and learning how to express who they are and what makes them special is so important to their future development and self esteem. This class will give children the

opportunity to self-reflect on what makes them one of a kind, and give them the tools to express this to others. Our own sense of self-worth and validation are crucial to crafting our dreams and planning for future post-secondary and career success.

109. Why Can't We All Get Along?

Learning how to give and expect respect from others is a lifelong skill that children should begin developing at an early age. This program helps children learn how to be respectful even in the most challenging of situations to try to find solutions and work well with others. In this class, children will develop conflict resolution skills to deescalate situations with their classmates and siblings.

WORK LIFE (\$750)

110. Accountability

Accountability is about owning your actions and ensuring ethical behavior in your interactions with others. In this presentation, you'll learn how embracing accountability can enhance trust and transparency in the workplace. We'll discuss the benefits, as well as the challenges, of maintaining accountability and explore strategies for fostering a culture of shared responsibility. Through meaningful conversation, this seminar will equip you with the tools to minimize communication breakdowns and encourage open, honest dialogue.

111. Assertive Communication

In this class, participants will learn the skills and strategies of effective communication vs. poor communication, as well as better understand what assertive communication is. Together, we will review a communication model to determine the purpose, focus, and process of assertive communication methods. Participants will leave with resources, tips, and skills on how to navigate obstacles to ensure they are clear and persuasive in their interactions.

112. Being Trauma Informed

Trauma is not just an event that took place sometime in the past; it is also the imprint left by that experience on mind, brain, and body. In this session, participants will learn how to understand and recognize trauma to support our employees and colleagues to get the resources they need and deserve. While it is not always evident who has been a victim of trauma, it is our job to ensure we are providing the empathetic and safe work environment for all to be vulnerable to share their trauma and work together to move forward.

113. Benefitting from Ergonomics

Ergonomics examines the alignment of our bodies with workstations, worksites, and work associated tasks. In this program, participants will learn about the impact of poor ergonomics on both the worker and the workplace, and identify common risk factors for different types of injuries. Attendees will have an opportunity to identify problems and provide solutions for a common office station setup, as well as discuss common factory issues.

114. Best Practices for Remote Work

Working remotely full time requires adaptability and a new set of skills. Attendees of this course will learn strategies for communication, productivity, and time management, all within the context of working from your home environment. Discussions will include how to work remotely around your children and roommates, managing distractions, and coping with the unique emotional pressures of working away from the office.

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PODCASTS/ SEMINARS/ WEBINARS

WORK LIFE (\$750, continued)

115. Business Etiquette

Good manners and business etiquette have always been based on common sense and thoughtfulness. Treating everyone with equal courtesy and respect can help us build more productive relationships and project a positive image and outstanding reputation in your field of business. Participants in this session will learn the best practices of etiquette in the most important business scenarios, including social events, emails, networking, and the importance of discretion.

116. Call Center Stress Management

Working in a call center can be simultaneously interesting, enjoyable, challenging, and stressful. In today's difficult economy, most of us are feeling additional stress in our lives, and for customer service representatives, these stresses can heighten an already high-pressure situation. This seminar will provide information to help you better understand call center stress and offer strategies to help you successfully manage it.

117. Collaborative Communication

Communication is an important skill to develop that can enhance our lives by teaching us new things from others. This interactive class applies to parents, spouses, partners, colleagues, and leaders to practice their communication skills and learn the difference between listening to others and only hearing them. Join us as we share best practices and provide resources to have challenging conversations and role play scenarios to be the most effective communicators possible!

118. Collaborative Customer Service

The goals and objective of this seminar are to understand the challenges of delivering great customer service through effective, professional customer service communication. Together we will discuss effective communication and active listening skills that are crucial to positive interactions. Participants will leave with tools for stress management as related to working in customer service, as well as provide final comments, action plans, and evaluations.

119. Communication for Managers

Communication is a crucial skill for managers to master in order to be an impactful leader. From the 'One-Minute-Manager' model to continuous feedback best practices, there are various ways to learn how to communicate effectively. In this class, participants will learn and practice the scenarios needed to communicate with employees to create a positive and productive workplace environment for all.

120. Communication Skills for the Workplace

Communication is a vital skill for employees to develop in order to be effective in their roles and to advocate in reaching their professional goals. With practice, employees can improve their professional communication skills and overcome the typical barriers that prevent clarity and progress. This class will help participants learn how to determine the best practices to frame a conversation and what to do before, during, and after to achieve your goals.

121. Compassionate Leadership

This training will give participants an in-depth look at how to lead with compassion. Join this interactive session to learn the positive impact created by creating a culture of empathy with your team. Participants will leave this course recognizing that genuinely caring for people leads to better feedback, professional development, and increased productivity.

122. Components for Great Communication

Communication isn't just a skill; it's the foundation of personal and professional triumph! In this dynamic class, participants will unlock the secrets to becoming exceptional communicators. From making unforgettable first impressions to mastering various communication styles and delivering constructive feedback, we'll cover it all! This step-by-step workshop is designed to elevate your communication game, ensuring you shine in every interaction—whether at work or in everyday life. Remember, every great success story begins with effective communication. Let's embark on this journey together and transform your communication skills into your greatest asset!

PODCASTS/ SEMINARS/ WEBINARS

WORK LIFE (\$750, continued)

123. Concentration

Ever found yourself driving to work and suddenly realizing you can't recall the trip? You're not alone! In this eye-opening class, participants will dive into the fascinating reasons behind our struggles with concentration and discover powerful techniques to sharpen their focus. We'll explore the transformative benefits of meditation and provide you with actionable strategies to enhance your mental clarity. Join us for this interactive session and walk away with practical tools and resources to elevate your self-improvement journey. Let's reclaim your focus and make every moment count!

124. Conflict Management for Employees

In this class, participants will analyze the role they play in conflict, and how this is the first step to effective conflict management. Together, take a journey to assess and learn what you can do differently, and how to "play nice in the sandbox" with a wide variety of people to increase your productivity and future career opportunities. Participants will leave with resources and best practices to ensure they are well-equipped for future work place conflict.

125. Conflict Management for Managers

In this class, managers will learn the importance in resolving conflict with employees. Approximately 60-80% of all workplace conflicts come from strained relationships between employees and managers. Learn the skills of identifying and resolving conflict in the most amicable way, benefiting individual and team productivity in your organization.

126. Creating a Respectful Workplace

This class aims to equip participants with a fundamental understanding of the transformative power of fostering an inclusive workplace that respects all colleagues. Creating an inclusive and respectful environment is not just an expectation; it's a necessity. Throughout the session, we will highlight specific action steps to show support and respect for members of the LGBTQI+ and African American communities. Additionally, participants will delve into crucial topics such as implicit bias, microaggressions, and code-switching, gaining deeper insights that will empower them to contribute to a more equitable and supportive workplace for everyone.

127. Creating Harmony Between Generations at Work

Today's workplace is more generationally diverse than ever, bringing together employees with varying experiences, values, and communication styles. This session focuses on fostering collaboration and understanding among generations to enhance teamwork and productivity.

128. Creating Kindness in the Workplace

Today's workplace is more generationally diverse than ever, bringing together employees with varying experiences, values, and communication styles. This session focuses on fostering collaboration and understanding among generations to enhance teamwork and productivity.

129. Creating Positive Work Environments

Creating a positive work environment is crucial to the success of your organization. Participants in this seminar will cover topics that include building trust, creating positive communication, setting expectations, creative ideas for recognition and rewards, and finding meaning in your work. Join this lively and interactive session and leave with the tools to transform your work environment into a thriving community that employees enjoy!

130. Critical Thinking

Think critically, think creatively! In this dynamic class, participants will discover how to enhance their problem-solving skills and broaden their perspectives by mastering the art of asking the right questions. We'll delve into the origins of critical thinking concepts and explore how to apply these insights in both our professional and personal lives. Get ready to challenge your assumptions, ignite your curiosity, and transform the way you approach problems. Join us for an enlightening journey that empowers you to see the world through a more analytical lens!

PODCASTS/ SEMINARS/ WEBINARS

WORK LIFE (\$750, continued)

131. Curiosity

Curiosity is a valuable life skill that is even more important in today's constantly evolving world. Curiosity drives motivation and often encourages us to take our careers and lives to new levels. In this class, participants will learn how curiosity helps us learn and grow, the different types of curiosity, and the power of questioning.

132. Customer Expectations

Managing customer expectations in a business relationship is a crucial first step to a successful partnership. Every customer has a perceived expectation when going into a business relationship that you must first understand to deliver on your promises and measure satisfaction. In this class, participants will learn how to listen to customers, ask the important questions about what your customer wants from your product or service, and how to meet their needs.

133. Dealing With a Challenging Boss

When working for a challenging leader, employees may look to quit, seek a transfer to another manager in an organization, or worry about their job security, adding to their stress levels. In this session, learn how to professionally address a challenging supervisor, proactive action steps, and coping mechanisms. Together, participants will discuss solutions by sharing their own personal experiences in this interactive session.

134. Dealing with Challenging People

Challenging people in our lives can make otherwise pleasant experiences unbearable. In this session, participants will learn how to effectively deal with difficult people, including how to limit and hopefully remove the possibility of interaction with them altogether. Together, participants will discuss solutions by sharing their own personal experiences in this interactive session.

135. Dealing With the Elephant in The Room

Dealing with the Elephant in the Room is a communications development seminar for participants to learn the skills needed to embrace challenging conversations that might otherwise go undiscussed. Participants will be able to identify uncomfortable issues and learn how best to have honest and proactive discussions with tact, empathy, and clarity. This seminar is best suited for those looking to increase productivity and improve relationships by proactively addressing misunderstandings and improving their organization's culture.

136. Delegation

In this session, participants will define delegation, discuss when delegating is beneficial, and explore the barriers to delegating. Delegation is an art form, and knowing how and when to apply this skill can make the workplace a more productive and empowering environment for all. This interactive session will provide plenty of opportunities for discussion as participants use a delegation pyramid to navigate the process, and examine the importance of regular and frequent communication.

137. Discipline

Join us for a dynamic, one-hour class on "The Power of Discipline," where we'll dive into how discipline shapes every aspect of life—from personal growth and professional success to academic achievement and health. Through practical techniques and real-life stories, this session will show you how to make discipline work for you. Expect interactive activities, engaging group discussions, and a Q&A to exchange tips and experiences. By the end, you'll walk away with actionable tools and the motivation to weave discipline into your daily life, boosting your productivity, resilience, and overall well-being.

138. Don't Forget Your Social Life!

Balancing the responsibilities of work and home life can be stressful, and leave little time for socialization and activities that are for self-fulfillment and personal enjoyment. This seminar is for those working around the clock who need to remember the importance of leisure, fun, and that stress reduction activities are an essential part of life. Participants will leave this class with a mindset to find time for their favorite hobbies, the people who are important to you, and maintaining a healthy balance between your work and social life.

PODCASTS/ SEMINARS/ WEBINARS

WORK LIFE (\$750, continued)

139. Dynamics of Change Management

Change is stressful, and learning how to manage and cope with change is crucial to our well-being in this ever-changing world. Although the stress of change is unavoidable, you can learn how to deal effectively with change in the workplace and in your personal life. In this seminar, participants will learn effective ways to cope with change in addition to learning how to take charge of the aspects that can be controlled. Core concepts related to stress and the emotional and physical responses we have to change will be discussed, along with effective stress management strategies.

140. Effective Ergonomics

This webinar is aimed to help workers avoid improper postures that can lead to soreness or permanent injury. Ergonomic awareness is the solution to prevent musculoskeletal injuries. 80% of ergonomic issues can be solved with a little bit of education, awareness and responsibility on the part of your employees. This webinar will deliver a useful tool box that your employees can quickly implement in their off-site or corporate office to make optimal musculoskeletal adjustments and decisions.

141. Emotional Intelligence

Our ability to understand and control our emotions is a lifelong skill to master for personal fulfillment and professional success. In this class, participants will discuss different types of emotions, how neuroscience impacts our response to triggers, and how our feelings impact our everyday lives. Emotionally intelligent people are empathetic, positive, productive, and goal-oriented... if these are qualities you are personally hoping for, this is the class for you!

142. Empathy

What does it truly mean to show empathy? In this session, we'll explore the full spectrum of empathy—what it is, how to recognize it, and how to practice it in meaningful ways. We'll also discuss the differences between empathy and sympathy, while addressing common barriers to showing compassion. You'll learn practical techniques to increase your empathic awareness, with real-life examples from both work and home settings. Join us to deepen your understanding of empathy and discover ways to incorporate it into your daily interactions.

143. Fostering Curiosity for Growth

In today's fast-paced work environment, curiosity is a powerful tool that drives innovation, enhances teamwork, and promotes a culture of continuous learning. "Fostering Curiosity for Growth" is designed to equip professionals with the mindset and strategies needed to cultivate curiosity in their everyday roles. Participants will explore the significant impact curiosity has on problem-solving, creativity, and adaptability through case studies, interactive workshops, and leadership insights. By addressing common barriers and embracing a curious mindset, attendees will leave with practical approaches to inspire curiosity within their teams and contribute to a more dynamic and innovative workplace. This class offers engaging activities and thought-provoking discussions, encouraging participants to bring curiosity to the forefront of their work and unlock new possibilities for personal and professional growth.

144. Handling a Family Crisis

This class was created for managers supporting employees experiencing a family crisis. For employees going through a family crisis, this class will cover how to manage expectations and and emotional exchanges that may occur while having challenging conversations. Participants will learn healthy coping mechanisms during times of transition, as well as how to address and get support with potential financial challenges.

[Click here to request a service.](#)



PODCASTS/ SEMINARS/ WEBINARS

WORK LIFE (\$750, continued)

145. Health And Well-Being In The Workplace

Discover how to enhance your health, well-being, and productivity by relieving stress with simple relaxation techniques. Participants will explore the science of ergonomics and learn how to prevent workplace injuries from lifting, repetitive stress (carpal tunnel syndrome) and screen-related injuries (headache, eyestrain, and back pain). Together, we will discuss how to maintain a healthy work life, establish priorities, and the importance of healthy eating and exercising regularly.

146. Healthy Tips for Business Travel

Whether we love it or loathe it, many of us find ourselves traveling for business as part of our jobs. In this session, participants will identify how to prepare for travel ahead of time, learn how to avoid unhealthy temptations on the road, and explore how to incorporate exercise, sleep and healthy food choices into business travel. Join this interactive session as we share best practices and hazards from our collective experiences with business travel!

147. How To Address Performance Concerns

Addressing performance concerns can be challenging but is essential for fostering accountability, growth, and success in the workplace. This session equips managers and leaders with the tools and strategies to handle performance issues effectively and constructively.

148. How to Cultivate Compassion and Empathy in the Workplace

Demonstrating human compassion is fundamental to respecting others, establishing psychological safety, and is a hallmark of healthy and high performing teams. This training provides pause to embrace the incredible opportunity that's before us every day to make a positive difference in the lives of others just by showing up, tuning in, and demonstrating compassion. Together, let's learn how we can be the difference we wish to see in the world, and how this can positively impact the success of your business in the process.

149. Maintaining a Health-Conscious Workplace

Safety in the workplace has become more important than ever before, and it is crucial that employees receive yearly training that is clearly communicated and relevant to their specific environment. This seminar focuses on the core topics that illustrate how employees can become more involved and raise awareness of workplace policy management. This informal training session will spark dialogue and ideas on how to better implement safety and health-conscious attitudes in the workplace and serve as a springboard to government-certified courses.

150. Manager's Guide to Burnout

Burnout is a serious issue affecting the majority of today's employees to the point that the World Health Organization has deemed burnout an occupational phenomenon. When left unaddressed, burnout can drastically lower not only work performance, but the overall mental and physical health of employees. In this presentation, managers will learn what burnout is, how to recognize the signs of burnout in their employees, and how to proactively provide resources to their team.

151. Manager's Guide to Check-In Conversations

A periodic check-in between a manager and employees can be an invaluable resource to support your team. During this session, managers will learn the tips and tools for meaningful conversations with their employees. Join us as together we discuss what a manager's role is in supporting employees, specifically regarding mental health concerns, and define appropriate questions to ask to assess the situation. Managers should leave this training knowing when they should make referrals to other members of an organization, encourage an employee to seek outside support, and how to provide meaningful follow-up.



PODCASTS/ SEMINARS/ WEBINARS

WORK LIFE (\$750, continued)

152. Managing Priorities

To Maximize Your Day To keep up in today's dynamic and fast-paced business environment, people need to continuously improve their planning and prioritizing skills. Feeling overwhelmed by competing priorities, tight deadlines, meetings, emails, and interruptions can derail professional growth, impair team performance, and lead to stress and burnout. In this session, participants will obtain practical skills, tools, and techniques to maximize gains in effectiveness and increase productivity. Participate in this interactive session for self-analysis tools to apply to your daily routine right away for immediate results.

153. Managing Stress for Managers

This seminar will equip managers with tools to self-identify stressors unique to their position of leadership. Together, we will discuss the physical symptoms of stress and the potential negative impact on our social, emotional, and physical health when it goes unchecked. Participants will examine how stress can be managed to improve our daily lives, including relationships, nutrition, exercise, sleep, finances, and time management. Managers will leave this training with the resources to create a healthy lifestyle plan that works best for them.

154. Managing Strong Emotion for Managers

For leaders, it is crucial to maintain a professional workplace and ensure employees do not exhibit strong emotional outbursts in front of customers or colleagues. In this session, managers will learn how to recognize signs of potential outbursts, provide supports to employees in crisis, and deescalate tense situations. Managers will leave with the resources to manage their own emotions with state-of-the-art techniques and strategies to maintain a professional demeanor and find positive outlets to self-soothe.

155. Managing Trauma In The Workplace

In this training, participants will learn about the signs and symptoms of traumatic experiences and Post-traumatic Stress Disorder (PTSD). Together, we will learn about the history of PTSD, what qualifies as a traumatic event, and how to intervene when someone is experiencing a flashback or has been triggered. Participants will leave this training equipped to discuss appropriate ways of coping with trauma stressors and how to practice self-care after experiencing a traumatic event.

156. Mental Health Impacts

The events of the past few years have taken a major toll on the mental health of employees in all industries, and many workers feel their employers have not done enough to address their needs. Participants in this class will focus on supporting their employees to feel empowered to seek mental health support and to remove stigmas and barriers. Join this interactive discussion to gather resources and learn best practices to create a personalized action plan to build a healthier culture within your organization.

157. Mental Health: A Guide For Managers and Leaders

Fostering a work environment that promotes positive mental health is a crucial and often overlooked tool for empowering employees. During this seminar, participants will learn what mental health is, the signs and symptoms to identify in employees that are suffering from mental illness, and what is your role as a leader in your organization. Participants will leave this seminar with tools and techniques to initiate and navigate challenging conversations, when it is appropriate to intervene, and who to partner with when you need help within your organization.

158. Mentally Healthy Culture: A focus on workplace wellbeing

Creating a positive, mentally healthy workplace is a team effort, and in today's fast-changing world, it's more important than ever! In this high-energy class, we'll dive into the essentials of fostering a thriving work environment where everyone feels supported. From tackling the rise in mental health challenges to offering actionable solutions, this session will equip managers and employees with the tools to boost well-being, resilience, and a positive vibe throughout the workplace. Get ready to ignite a healthier, happier culture!

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PODCASTS/ SEMINARS/ WEBINARS

WORK LIFE (\$750, continued)

159. Motivation: Bringing Out The Best

Motivation is the condition of being eager to act or work. In this class, participants will analyze the scientific theories of motivation and how they inspire our daily lives. Join this interactive session where we will discuss stories of motivation leading to innovation, how to think like a child, and feed your mind for growth. The resources and tools in this course are designed for employees, but can be adapted for managers as well.

160. Overcoming Work Fatigue

Working remotely has become the new normal for many employees around the world. The joys and flexibility remote work has allowed has also brought unexpected challenges that are leading to remote work fatigue. In this session, participants will discuss their own experiences and self-coping skills to address video call fatigue, social isolation, and around the clock availability with modern technology. This session will provide resources and best practices to set boundaries, incorporate socialization, and relieve work fatigue while enjoying the freedoms of remote work.

161. Practical Tips for Returning To The Office

With organizations nationwide requesting more and more employees to return to workplaces, employees have faced the challenge returning to their daily routines. In this session, participants will review best practices in preparation to alleviate stress and anticipate the unexpected. Join this interactive session to share your hopes and fears about the return to normalcy and to have an action plan for the logistics of your schedule, commute, financial needs, and safety concerns.

162. Psychological Wellness in The Workplace

In this session, participants will learn the benefits of psychological safety for all members of their organization. Important topics covered include how to create an authentically safe space to let your team thrive, and how to support colleagues struggling with mental illness. The pandemic has impacted the mental illness of so many, but the stigma around mental illness causes too many people to remain silent; this session will equip participants to have important conversations to support their colleagues through challenging times.

163. Shifting Priorities: Being Your Best on a Shift Schedule

Working non-traditional hours can have a dramatic impact on an employee's mental, physical, and emotional health, as well as on their family dynamic. Variable schedules pose unique challenges that require additional planning, but numerous benefits can come from working off hours. In this class, participants will learn that preparation, evaluating goals, and family cooperation and flexibility can make shift work a great professional career decision.

164. Stress Management for High Burnout Professions

While all professions have varying stress levels, some job requirements will have higher stress levels, and in turn, can lead to high rates of burnout. This seminar is designed to provide managers and directors the skills they need to assess and support their employees in a high-stress, high-trauma work environment. Together, we will analyze the latest research from leading experts, including the seven signs to watch for that most strongly indicate burnout.

165. Stress Management for Managers

Managing your own stress levels and those of your team is one of the most challenging aspects for managers today. In this seminar, managers will be provided with a step-by-step training guide to identify stress, recognize the impact it can have on your team's morale and productivity, and effective stress relief techniques for leaders. This training will provide supplemental resources that are crucial to retain top talent and to make them feel valued and secure in discussing their stressors with their managers.



PODCASTS/ SEMINARS/ WEBINARS

WORK LIFE (\$750, continued)

166. Stress Management for the New Professional

The stress of transitioning to a new profession can be difficult to manage, and having effective stress management tools are crucial to maintaining a positive outlook at work. In this seminar, learn how excessive stress can interfere with your emotional and physical well-being, and how to cope and manage your stress levels. Join an interactive discussion with case studies to reflect on the ways we typically manage our own stressors, and how we can improve our reactions to be at our best at work and at home!

167. Successful Hybrid Work Practices

The flexibility of work arrangements has increased greatly over the past few years. In this seminar, participants will discuss the benefits and challenges of hybrid work arrangements, and what to consider before making the transition. Topics covered in this course include documenting your arrangement and communication needs, as well as the potential impact that telework can have on your work and home life balance.

168. Surviving Mergers and Acquisitions

Mergers and acquisitions in the world of business are common, and can have a massive impact on the lives of the employees who remain with the organization. In this seminar, participants will learn what to expect in the midst of organizational change, find solutions to navigate through the process, and review the five phases of dealing with change. Join this interactive session as we learn about the opportunities mergers can provide, the importance of self-care, and making a commitment to the new business structure and culture.

169. Teamwork

The ability to communicate effectively in teams is an important trait towards our personal and professional success. Through discussion, interactive exercises, and a debriefing session, we will learn how to apply successful team concepts and strategies in very practical ways while exploring how teams can work together efficiently to reach their goals. Participants will leave this session with the tools and resources to inspire their teammates, work in unison, and understand and resolve conflict.

170. Unplugging to Recharge: Strategies for Combating Technostress

Feeling overwhelmed by constant connectivity? This seminar explores the growing issue of technostress and its effects on our mental and physical health. We will identify the signs, symptoms, and underlying causes of this modern challenge. Participants will leave equipped with actionable strategies for setting healthy technology boundaries and managing tech habits to reclaim balance and well-being in a digital world.

171. Workplace Trauma - For Managers

Understanding the various aspects of trauma is part of living in today's challenging world. In this seminar, you will learn about the different aspects of trauma, including traumatic stress, Post Traumatic Stress Disorder, grief, and organizational trauma. The main focus of the class is understanding how trauma impacts the workplace and learn best practices for leaders.



"BITE-SIZED SESSIONS" PRE-RECORDED TOPICS

Looking for something quick and easy in under 30 minutes? Choose pre-recorded topics from the 3 categories below.

"BITE-SIZED SESSIONS"-COOKING DEMOS (*\$250, 20-30 minutes*)

A Mediterranean Sampling

Join us to explore some delightful Mediterranean dishes showcasing in-season produce.

A Taste of California Cuisine

Join us as we explore some Californian Cuisine. You'll have a quick meal on the table in no time that not only tastes great but is a super healthy option as well.

A Taste of France

Join us for a budget-friendly quick, nutritious, delicious, and easy to prepare French flavored meal, made with ingredients you can find at your local grocery store.

A Taste of Greece

Join us for a budget-friendly, quick, nutritious, delicious, and easy to prepare a Grecian flavored meal, made with ingredients you can find at your local grocery store.

A Taste of India

So many of the spices of Indian cooking are amazing for health! Join us as we explore a cost-effective Indian flavored meal with ingredients you can get at your local grocery store.

A Taste of Ireland

Picture yourself in a cozy cottage, enjoying a satisfying meal with loved ones. Join us as we use primary ingredients to transport ourselves to Ireland through the cooking and taste!

A Taste of Italy

Join us for a budget-friendly quick, nutritious, delicious, and easy to prepare Italian flavored meal, made with ingredients you can find at your local grocery store.

A Taste of Japan

This demo guides you through preparing an entire Japanese flavored meal that is budget-friendly, quick, nutritious, delicious, and easy to make with ingredients you can find at your local grocery store.

A Taste of Lebanon

This demo guides you through preparing an entire Lebanese flavored meal that is budget-friendly, quick, nutritious, delicious, and easy to make with ingredients you can find at your local grocery store.

A Taste of Mexico

This demo guides you through preparing an entire Mexican flavored meal that is budget-friendly, quick, nutritious, delicious, and easy to make with ingredients you can find at your local grocery store.



A Taste of New York

It's the time to celebrate! During this demo we'll make a meal to enjoy when gathering with family and friends featuring something special from New York. You'll also walk away with a gift idea too!

A Taste of Spain

Tapas, anyone? The Spanish do a wonderful job of creating delicious snacky suppers! These are great to turn to in a time pinch. Join us as we explore this style of eating.

Asian Inspired Cuisine

There are many nutritious, delicious, and easy to prepare Asian flavored dishes. In this session we highlight easy ones made with ingredients found in your local grocery store.

Cook Once, Eat Twice

Life can be busy making it feel like we have little time to cook. In this webinar we explore ways to enjoy nutritious and delicious meals when pinched for time. This session focuses on the technique of cooking once yet attaining more meals than one.

Cooking from the Garden

In this cooking demo, we will take advantage of cooking from the garden to increase your vegetable consumption, reduce your food waste, and save you money!

"BITE-SIZED SESSIONS" PRE-RECORDED TOPICS

"BITE-SIZED SESSIONS"-COOKING DEMOS *(\$250, 20-30 minutes, continued)*

Desserts Without a Ton of Sugar

With sweetness in the air, this month we feature desserts that are easy to prepare, scrumptious and do not contain a ton of extra sugar.

Fiber is Fantastic

One thing that we hear about, quite frequently, that benefits our health is fiber! Where is fiber found and how do we prepare it in a delicious manner? This and more will be addressed in this cooking demo.

Gluten Free Cooking

Many people struggle with food intolerances, allergies, and sensitivities. In this demo we will focus on recipes that are free of gluten.

Leftover Turkey and In-Season Veggies

Cooked turkey can be used in so many ways offering a cost-effective and nutritious meal. In this series we will prepare recipes using the leftover turkey. We will also take advantage of quick ways to prepare the in-season veggies.

Let's Bake, Instead of Fry

There are many recipes that taste just as good baked instead of fried. Join us for this session when we focus on some easy recipes in which you easily make this switch.

Mexican and Latino Flavors

Healthy, delicious foods are found in all cultures! In this session we explore what you can make to showcase Mexican and Latino ingredients found at your local grocery store.

Picnic Foods with a Twist

We put a spin on some traditional picnic foods! Recipes featured are, nutritious, delicious, easy to prepare and crowd pleasers!

Pizza Party

We do not have to give up our favorites for the sake of health! Join us as we show you an easy way to make homemade pizza! This is a great way to eat on a budget and have a fun time cooking with the kiddos and friends!

Plant-Based Eating Cooking Demo

We hear about the benefits of plant-based eating; however, you do not need to eat 100% plant-based to receive the benefits. In this webinar, we'll make some tasty and easy to prepare plant-based dishes that we think you'll make again and again.

Prepping for Thanksgiving

Join us for this cooking demo that will show you how to make some Thanksgiving staples homemade.

Soup, A Meal in a Bowl

Soups are a great route to go! Join us for some cooking demos featuring soups that are easy to prepare, perfect for this time of year and, as always, nutritious, and delicious.

Summer Flavors

In this session, we will keep the cooking light and fresh, and free of creating a ton of heat in the kitchen!

Super Simple Signature Sauces

A sauce is a simple way to take a dish to another level. Join us and learn to make your cooking pop, with a drizzle on top!

The Power of Plants

The word is out ... eating more plants is good for our health and this is a very Mediterranean approach to eating. In this cooking demo, we feature some delicious, nutritious, easy, quick, and budget friendly plant-based recipes.

Tips for Takeaway Lunches

As the kids make their way back to the classroom and many of us return to the office, having easy to prepare, nutritious and delicious breakfasts as well as packable lunches and snacks is what this workshop is all about!



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"BITE-SIZED SESSIONS" PRE-RECORDED TOPICS

"BITE-SIZED SESSIONS"- TAKE 12 (\$200, 12 minutes)

Take 12: A Calendar for Your Health

In this Take 12, we will discuss a practical, fun and team/family building approach using a calendar to help you care for the multifaceted areas of health.

Take 12: Beat Burnout

We've already been feeling the ramp up for the holiday season, and what a joyful time it is! But between work, caring for loved ones, and creating special times, burnout can be a real thing! Join us for this Take 12 as we discuss tips to beat burnout and become more present in your moments.

Take 12: Checks and Balances of Stuff

Having an overabundance of stuff (and spending too much) can be a cause of stress. In this Take 12 session, we will at some simple techniques to create checks and balances with buying and accumulating things.

Take 12: Controlling the Candy Craze

We do not have to give up the treats, instead we need to learn and practice the tricks! In this Take 12, we focus on ways to deal with the candy so that it can be part of a healthy diet.

Take 12: Creating a Healthy Eating Environment

Believe it or not, the set-up and surroundings of where you eat can affect how much you eat. In this Take 12, we discuss ways to create a healthy eating environment in and outside the home to help bring portions consumed into a healthy balance.

Take 12: Eliminate Energy Zappers

Ever feel like you're tired for no good reason? Many things can be energy zappers. However, there are things we can do to keep our energy up.

Take 12: Make an Evening Plan

Whether you live by yourself or with the family, having an evening plan with a bit of structure is helpful for creating a calm environment. This can lead to better sleep and managed stress. Join us for this Take 12 to making evening time meaningful time.

Take 12: Making Meditation Manageable

There are many ways to meditate and receive the benefits the practice offers, and it does not have to be an overwhelming task. In this Take 12 session, we will focus on one approach to meditation that's easy to make part of daily living.

Take 12: Stretch in Seconds

Regularly stretching is like giving your body a personal massage, and the good news is that it does not have to happen all at once. Join us and learn tricks to make stretching throughout the day part of your normal routine.

Take 12: Turning Down the Stress

We all deal with stress. It is the reality of life, but there is a technique you can apply to turn it down in your life. Join us for this Take 12 session to learn more!

"BITE-SIZED SESSIONS"-20 MINUTE WEBINARS (\$250, 20 minutes)

Brain Health

Early onset of dementia is on the rise however, this is a condition we can minimize. Research demonstrates things we can do to keep our cognition and memory sharp. In this webinar we discuss this research as well as strategies to make them a part of your daily life; all this to benefit your overall brain health.

Creating a Calming Corner

Stress is a reality in all our lives; creating a calming corner in your home is just one of the many ways to help with managing it. This webinar guides you through ways to create a calming corner in the comfort of your own home.

Creating Connections

This webinar draws on the principles of behavioral psychology to open possibilities for Re-Connecting. We have to come together again, and this webinar can be a great step forward.

Deciphering Drinks

We have an assortment of drinks available to us these days! This webinar explores how to keep drinks in balance and highlights such areas as caffeine, sugar sports drinks and much more.

"BITE-SIZED SESSIONS" PRE-RECORDED TOPICS

"BITE-SIZED SESSIONS"-20 MINUTE WEBINARS (\$250, 20 minutes, continued)

Embracing Change

We all deal with change in some form or another; some good and some not so good. However, all change can be a stressor if not handled properly. This webinar provides strategies on how to embrace change so that it doesn't become a chronic stressor that can negatively impact your health.

Fasting and Health

Join our enlightening webinar on fasting for health and discover the potential benefits of this ancient practice. Learn about different fasting methods, their effects on the body, and how they may improve overall wellness. Gain valuable insights to make informed decisions about incorporating fasting into your lifestyle.

Healthy Grilling

Grilling, a past time favorite, and can be a healthy or unhealthy way to cook food; certain techniques make all the difference. This session reviews ways to grill healthfully and tastefully.

Healthy Living on the Road

Some of us spend a lot of time on the road due to work, family or other obligations. This webinar provides tips on eating, exercising, and more to help one get and stay healthy while on the road.

Healthy Picnics

Picnics are a classic event centered around food, family, friends and fun! Participate in this webinar to learn some easy ways to make your picnic time nutritious and delicious!

Helpful Household Herbs

Fresh and dried herbs have wonderful health benefits. Learn how to properly grow, harvest and store herbs. Not into growing your own? Not a big deal, learn ways to cook and use household herbs for health and flavor in everyday life.

Hydration

There are a lot of mixed messages when it comes to hydration, and adequate hydration does not mean we have to drink eight glasses of water a day. This session focuses on how to keep ourselves properly hydrated, all the while enjoying the drinks we enjoy.

Meditation for Everyday Health

This session focuses on the basics of meditation. Meditation is a scientifically based practice available to everyone. It is a tool that can help calm the mind, leading to relaxation and other health benefits. This session outlines these benefits and ways to give it a try.

Mediterranean Living

The Mediterranean people got it right! They have mastered the art of fusing the joy of eating and living and wellness into ONE! Join us to learn the tips and tricks of the Mediterranean diet and lifestyle.

Nutrition: Boosters & Busters

We will be sharing ways to increase our nutrition intake and ways we sabotage our efforts. We discuss everything from food choices and how to enjoy them, multivitamins and juicing. You may be shocked with what you find out.

Skin Health

Join us for this session, which takes a look at the largest organ of your body: your skin. We will show you how to take care of this most important organ on the outside with topical treatments, but also on the inside by optimizing the foods we consume.

Strength Training without a Gym

This webinar is all about receiving the health benefits of strength training in the comfort of your own home; it also showcases practical ways to make it a sustainable activity



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"BITE-SIZED SESSIONS" PRE-RECORDED TOPICS

"BITE-SIZED SESSIONS"-20 MINUTE WEBINARS (\$250, 20 minutes, continued)

Stress Management

We all know the woes of life. They are real. Setting ourselves up to deal with stressors can help in the prevention of depression. Join us as we will discuss what we can do that is in our control to manage everyday stress.

Summer Exercise

There are many hurdles to summer fitness that are particular to summer - from the fractured schedules, to vacations, and the daily heat. This session will help to clear each of these hurdles with ease.

Summer Stressors

It is common knowledge that summer is a wonderful time. Why is it SO stressful sometimes? There are sources of stress that only come home during the hot days of June, July, and August. We will go over what you should expect, and how to deal with them to have a wonderful summer this year.

Understanding Carbohydrates

Carbohydrates have received a pretty bad rap these days, but what are carbohydrates? Are they healthy to consume? And if so, how do we have them in a healthful way? In this webinar we explore these questions; as well as topics related to carbohydrates such as the Keto diet, the Glycemic Index, and sugar.

