



THE COLLECTIVE OM

CAPABILITY STATEMENT

We help organizations lower stress, improve well-being, and strengthen teamwork through evidence-based wellness programs. Led by Dr. Ashlyn Schwartz, a PhD in Public Health Sciences with 14+ years of experience, we integrate research with accessible mind-body practices to support healthier, more resilient workplaces.

CORE COMPETENCIES

- Corporate wellness workshops (stress, goal-setting, mindfulness)
- Yoga, breathwork, reiki, & meditation
- Public speaking, lunch and learns, & keynotes on health & wellbeing
- Customized programs aligned with organizational goals (on-site/virtual)
- Retreats that foster connection, creativity, & stress reduction

CREDENTIALS

- PhD Public Health Sciences
- Fulbright Scholar
- Exercise Physiologist
- Yoga Teacher | Breathwork Facilitator
- Ayurveda Practitioner | Reiki Level I & II
- Women Owned Small Business
- French proficiency

NAICS CODES

- 611430, 611699, 621999

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www.thecollectiveom.com

DIFFERENTIATORS

- PhD with 14+ years of experience in program development, mental health, & wellness promotion
- Programs grounded in neuroscience, behavioral health, & evidence-based mind-body practices
- Measurable outcomes through custom evaluations & wellness impact reporting
- Experienced in translating research into practical, accessible workplace wellness tools
- Inclusive, trauma-informed facilitation
- National and international expertise delivering 35+ research presentations & 25+ trainings

PAST PERFORMANCE

