



Workplace Wellness

Empowering teams by reducing stress



What We Offer

- Workshops
- Wellness Classes
- Retreats
- Talks, Lunch & Learns

Why Workplace Wellness Matters



- **80%** of employees report work-related **stress** and **50%** are **burned out** at work
- Burned-out employees are 2.6 times more likely to **seek new employment**
- $\frac{3}{4}$ of employees indicate high levels of **stress impact quality of work and effective communication**

In just one hour, employees doubled their focus, boosted energy by 92%, and reduced stress by 62%

Why Choose Us

- PhD-led, evidence-based programs
- Trauma-informed, inclusive, and tailored to your team
- 14+ years of experience in mental health and organizational wellness
- Experienced international corporate speaker and trainer

“Dr. Schwartz has an amazing way of blending science-based research with mindfulness practices”
-Retreat Participant

CONTACT US

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www.thecollectiveom.com

Our Services



Workshops

*Engaging, evidence-based
workplace workshops*

*Stress Management | Vision & Clarity
Sessions | Breathwork Training |
Trauma-Informed Workplace Practices*

Talks, Lunch & Learns

*High-impact talks designed to inspire
awareness and actionable skills*

*Micro-mindfulness | Power of
Gratitude | Science of Stress*

How We Work

- One-time, multi-week series, or retreat
- 30, 45, 60 minutes (custom lengths)
- On-site or virtual

Wellness Classes

*Practical, accessible wellness
classes that reduce stress and
improve focus*

*Yoga | Breathwork
Meditation | Reiki*

Retreats

*Immersive half- or full-day retreats
integrating training, wellness
practices, and team-building. Built
to boost energy, inspire creativity,
and enhance collaboration*



Add-Ons & Impact

- Pre/post evaluations with executive-ready impact report
- Educational handouts (science-based quick guides)
- Yoga mats available

*“Dr. Ashlyn’s talk was super informative
and provided great activities to practically
apply in my daily life!”
-Research Conference Attendee*

**PRICING AVAILABLE
UPON REQUEST**

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