



The
Collective
Om

Workplace Wellness

Empowering teams by reducing stress



What We Offer

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

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

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**
- **¾ 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

CONTACT US

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(678) 447-3930
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**

Salt Cave Retreats

Immersive half-day retreats integrating training, wellness practices, and team-building in a salt cave. 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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