



# Workplace Wellness

Empowering teams by reducing stress



## What We Offer

- Workshops
- Wellness Classes
- Salt Cave 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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# 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*

## 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*



## How We Work

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

## 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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