WORKPLACE WELLNESS

2023 PROGRAM CATALOG

PROVIDING YOUR EMPLOYEES WITH THE TOOLS FOR LASTING SELF-CARE!



Wellness programs improve the work environment by:

- Boosting team morale
- Increasing productivity
- Reducing stress & anxiety
- Decreasing absenteeism

Contact Katie Doyle:

C: 786.531.4388 | www.BloomBurstLife.com

E: Katie@BloomBurstLife.com

Custom built packages available!
Quarterly custom programs begin at $3,500.



MINDFULNESS FOR WORK-LIFE INTEGRATION

A Team Building Workshop

What is mindfulness? How can it help us connect as humans, alleviate stress, and improve well-being? Experience the benefits for yourself. Feel more grounded and calm, and discover practical ways to be more mindful in your work and life. Mindfulness is a quality that all human being possess, we just have to learn to access it!

This engaging and interactive workshop is a popular choice for team building, wellness initiatives, and leadership events. It is designed with diverse audiences in mind, whether they are reserved skeptics or enthusiastic fans

CORE TOPICS INCLUDE

- What mindfulness is.
- Benefits, and why it's so valuable.
- How to practice in the workplace and beyond.

Content can be tailored to specific applications, such as: leadership, communication, mindful meetings or well-being.

AGENDA

00:00 - 00:15
Welcome and Intro to What Mindfulness Is

00:15 - 00:30
Activity and Breakout Rooms

00:30 - 00:40
Group Discussion and Integration

00:40 - 00:50
Practical Application

00:50 - 00:60
Next Steps, Q&A



YOUR WORKPLACE WELLNESS ADVISOR

Katie Doyle Katie Doyle is the founder of Bloom Burst and a certified health coach, yoga and meditation instructor, sound healing facilitator, and a workplace wellness advisor. She has worked with businesses of varying sizes building out company-wide wellness programs to increase productivity, reduce stress, boost creativity, and build morale. Some of her clients include Bumble, Norwegian Cruise Lines, Bacardi, Gecko Robotics, rbb communications, and Kaufman Rossin.

> **Katie's creative strategies in support of our global wellness offering are the best we've ever had. You will thank yourself for partnering with BloomBurst!**
> **-Scott W., Bumble Inc.**

ADDITIONAL OPTION

- Add on a guided meditation or sound healing
- 30 min. or 60 min.

For more information, visit **BloomBurstLife.com**
or email **Katie@bloomburstlife.com**



BE WELL AT WORK

A 10-week wellness program

Be Well at Work is a virtual wellness series that will solidify a culture of wellness within your organization. This program is designed to boost awareness around practices that will improve the well-being of your employees by boosting team morale, increasing productivity, and giving your employees wellness tools to combat stress and promote a long-term healthy lifestyle.

With a consistent weekly wellness session and a comprehensive wellness plan your employees will learn practical relaxation and calming methods to utilize in their daily lives to foster well-being.

PROGRAM FRAMEWORK:

Each topic is divided into 2 weeks for a comprehensive learning and practice session.

- Week 1 covers theory and discussion.
- Week 2 practical integrated exercises.

WEEKLY SESSION BREAKDOWN:

Weeks 1 & 2:
Building Resiliency

WEEKS 3 & 4:
Mindfulness 101

WEEKS 5 & 6:
Movement

WEEKS 7 & 8:
Work-Life Harmony: Avoiding Burnout

WEEKS 9 &10:
Nutrition & Meal Planning



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> As an organization that impacts the lives of children and communities, it was important for us to give back to our dedicated employees. We had Katie as our wellness coach as part of our staff retreat. Katie's strategies and mindful tips were key to help our team focus on their health and wellbeing. Very practical and inspiring!
>
> **-Andrea Pascual, Director of Operations, Miami Music Project**

ADDITIONAL OPTION

- Stretching for deep relaxation session
- Guided meditation or sound healing

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WORKPLACE MEDITATION

A weekly virtual meditation session for employees

Meditation in the workplace can be a powerful tool!

One company found that meditation increased productivity by 120%. Offering a weekly meditation session for your employees is beneficial to their overall wellness.

When meditation is practiced on a regular basis people experience improved levels of energy, improvement in memory as well as stress and anxiety relief.

Since 2012 the number of people practicing meditation has tripled!

PROGRAM FRAMEWORK:

- Weekly 30-minute live meditation sessions
- Recorded sessions for internal employee distribution.
- Curated weekly wellness support

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"Her content, delivery, and overreaching message hit the mark! Katie teaches from the heart and shares her knowledge and love for holistic living: combining mind, body & spirit. We highly recommend her to other businesses or individuals who are desirous of learning from an expert as they commit to their wellness goals!

She is genuine and gracious which adds up to great!"

-Deborah Shelton, EVP, Right Management

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HEALTHY EATING & NUTRITION FOR THE BUSY PROFESSIONAL

Healthy eating and proper nutrition are an important part of leading a healthy and well-balanced lifestyle. This workshop is designed specifically for the busy professional. To perform at optimal level the mind and body require proper nutrition.

This 4-week intensive workshop will educate your employees on nutrition 101, the importance of eating healthy for long-term health, as well as layout an easy-to-follow healthy eating plan, meal prep grocery list.

Employees will work through their own personalized "Healthy Habits" workbook to establish an attainable plan for nutrient dense weekly meals.

CORE TOPICS INCLUDE:

- Nutrition 101
- Food & stress
- The importance of nutrient dense & super foods
- Primary & secondary food
- Meal prepping for a busy lifestyle

WEEKLY SESSION BREAKDOWN:

Week 1: Intro to Nutrition

Week 2: Food & Stress

Week 3: Exploring Lifestyle & Food

Week 4: Meal Prep & Healthy Eating Plan



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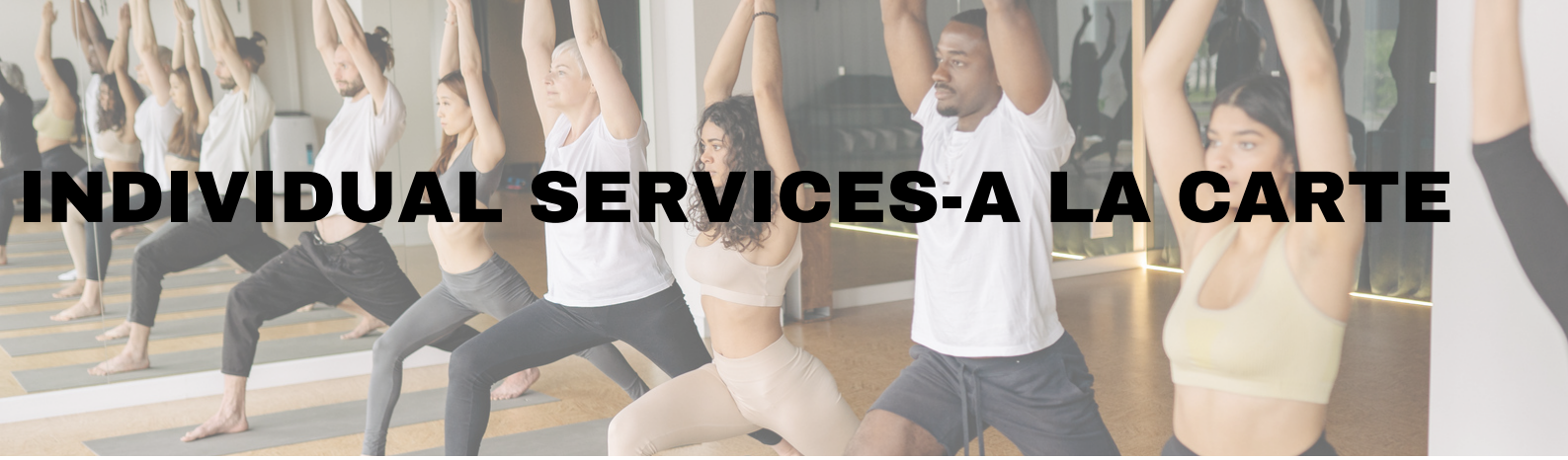
"Katie has crafted a Wellness Program that perfectly fits our unique needs. As a growing company, creating a foundation to support Wellness at Work that can scale with us is a top priority, and she has worked seamlessly with our changing landscape to deliver a tailored program. Our employees are quick to return to sessions and feedback has been extremely positive!"

-Megan Smethurst, Gecko Robotics

ADDITIONAL OPTION

- Stretching for deep relaxation session
- Sound Healing for the professional

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INDIVIDUAL SERVICES-A LA CARTE

Book an individual service to bring more wellness to your workplace!

All services listed below can be combined with your chosen program, purchased as a standalone session/s or combined for a comprehensive wellness package!

SERVICES AVAILABLE:

- Yoga
- Chair Yoga
- Destress with Breathwork
- Meditation
- Quality Sleep
- Mindful Outdoor Experience for Nervous System Reset
- Sound Healing
- Healthy Eating
- Health Coaching



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Thanks for such a great presentation. I was transported to a feeling of wellness and wanting to do good for myself and for others, your aura is one of goodness and it touched all of us. You delivered us an A+1 program. You are awesome.

-Lauren Munilla, Strong Core Group

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HARMONY AT WORK: EMPLOYEE WELLNESS WORKSHOPS

Your employees' wellness is our business!

We offer a wide variety of engaging wellness-focused and health enhancing workshops.

All workshops listed below are 60-minute sessions. These workshops can be combined with your chosen program, purchased as a standalone session/s or combined for a comprehensive wellness package!

WORKSHOP TOPICS AVAILABLE:

- Tools and Practical Techniques to Manage Stress and Anxiety
- The Power of Positivity
- Building Resiliency: The 4 Pillars of Resiliency
- Avoiding Burnout
- Quality Sleep
- Implementing Healthy Living: Lifestyle Changes for Men to Live Healthier and Longer Lives
- Heart Health: The Truth About Keeping Your Heart Healthy
- Healthy Options & Healthy Choices: Top Tips for Staying Healthy at Work
- Mindfulness for Work-Life Harmony
- Using Mindfulness to Reduce Stress and Improve Well-Being
- Mindfulness 101: Bringing Mindful Practices to the Workplace
- EFT & Mantras for Positivity and Productivity
- Ergonomics for Productivity and Health
- Meal Prep for the Busy Professional
- Nutrition for the Work Week
- Managing Your Tech for Your Health
- Dealing with Uncertainty
- Meditation 101: 4 Practical Mediation Techniques for Your Workday
- Destress with Your Breath: Breathwork for Managing Emotions and Reducing Stress
- Leading with Gratitude
- Your Nervous System: Rewiring to Reduce Stress and Tension

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