

Be Well



Guided Mindful Meditation

In this workshop, an instructor will guide you through meditation techniques such as breath-work, visualization, and affirmations. It's helpful for relaxation and learning how to be present.

Learning objectives:

- Explore a practice-oriented introduction to mindful meditation.
- Practice meditative techniques.
- Cultivate mindfulness.

Delivery: Virtual or In-Person

Session Length: 50 mins



Learn to Meditate

Unlock meditation's power with time-tested techniques for a sustainable, transformative practice. Rooted in science, this self-empowerment tool enhances mental clarity, focus, and happiness.

It offers numerous health benefits, including supporting heart health, brain and cognitive functions, and reducing daily stress and anxiety.

Learning objectives:

- Get step-by-step guidance to build and personalize your meditation routine.
- Explore guided group practice and different meditation techniques for a confident start.
- Obtain valuable tips for success and avoid common obstacles from meditation masters.

Delivery: Virtual or In-Person

Session Length: 50 mins



Movement for Mind-Body Connection

Connect with your breath, body, and colleagues. Designed to promote relaxation and self-care through intentional movements. Participants engage in gentle exercises, emphasizing internal awareness to enhance mind-body connection and self-care.

The facilitators foster an inclusive environment for everyone in an informal setting that encourages connection with self and others.

Learning objectives:

- Connect with your breath and body.
- Relax through gentle movements.
- Connect with colleagues while enjoying a self-care activity.

Delivery: In-Person

Session Length: 50 mins



Sleep Soundly

Sleep and health are closely connected and sleep is just as important to good health as diet and exercise. Not getting enough quality sleep can affect brain function, mood, and overall well-being, and may increase the risk of certain health conditions.

With today's busy schedules and life demands, getting enough sleep can be difficult. This workshop shares best practices to help improve sleep quality.

Learning objectives:

- Review how sleep affects physical and mental well-being.
- Learn strategies to improve sleep quality.
- Create an action plan to support a healthier sleep schedule.

Delivery: Virtual

Session Length: 50 mins



Sound Bath Relaxation

Relieve stress through calming sound and vibration. Participants sit or lie down comfortably while listening to soothing sounds from a variety of instruments.

The experience creates a relaxing atmosphere that helps release tension and support overall well-being.

Learning objectives:

- Relax and de-stress through sound and vibration.
- Experience a sense of calm.
- Enjoy a peaceful listening experience with various instruments.

Delivery: In-Person

Duration: Two options available

- 30 minutes (chair seating)
 - 60 minutes (lying down)
- Participants bring their own yoga mats

Note: Please confirm you have enough floor space for at least 25 participants with yoga mats before requesting this session.



Work-Life Harmony

Discover how to create more harmony in your life by maximizing leisure time, pacing work schedules, and setting boundaries to avoid burnout and minimize stress.

Learning objectives:

- Recognize how lack of work-life harmony affects well-being and productivity.
- Identify stressors and factors that contribute to imbalance.
- Learn practical strategies and tips to balance your day.

Delivery: Virtual or In-Person

Session Length: 50 mins