

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



Mindfulness Matters

Mindfulness is the practice of being present and aware. When practiced intentionally, it can help you be less reactive and have greater control over your thoughts and behaviors.

In this session, you'll learn simple mindfulness techniques and explore ways to make mindfulness part of your daily routine.

Learning objectives:

- Introduce the practice of mindfulness.
- Understand the benefits.
- Explore ways to incorporate this practice into your day.

Delivery: Virtual/In-Person

Session Length: 50 mins



Self-Care for All

Self-care is taking actions to help improve your physical and mental health and well-being.

Join this workshop to learn how you can benefit from practicing self-care and empower yourself to take charge of managing your own health and wellness.

Learning objectives:

- Learn about the importance of self-care for personal well-being and professional success.
- Explore ways to practice self-care to meet your wellness needs.
- Create a personalized plan to incorporate self-care strategies into your routine.

Delivery: Virtual/In-Person

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.



Wellness Thru Writing – A Creative Pause

Take a creative wellness pause to slow your thinking, process grief or loss, and allow new perspectives to emerge.

This reflective writing and creative visioning session offers gentle prompts grounded in compassion and respect.

Learning objectives:

- A safe and restorative space to process grief or loss.
- Connect with your body, mind, and your work role.
- Focus on self-care, healing, and recentering.

Delivery: Virtual or In-Person

Session Length: 50 mins