



CORPORATE
Wellness
with Adrien Cotton

The gift of **WELLNESS** —a lasting investment in your organization's and your team's future

Why **Wellness** should be one of your organization's long-term priorities:

- With wellness at the center of your organization, you invest in your team's well-being and your business' bottom line.
- A team whose wellness is a priority performs at top levels and brings fresh thought to the table.
- Studies have found mindfulness improves team members' sleep, enhances focus and concentration, reduces stress and even helps manage pain.
- Organizations that promote mindfulness are flourishing in today's high-stress environment.



ADRIEN COTTON
Founder

Levels

Level 1 - Introductory Program

Organizations new to Corporate Wellness will receive an introduction to foundational wellness topics. Choose a package of 4 or 8 one-hour Wellness Workshops selected to address your team's immediate needs. Want to learn more before you commit? Try the program out first with one 45-minute Preview Workshop.

Level 2 - Wellness Experience

Design your organization's package to include 4 or 8 months of Corporate Wellness Experiences tailored to your team's goals. Each Experience is 6 hours and includes Guided Workshops as well as Small Group and Individual Wellness Coaching Sessions.

See **Experience Descriptions** for more information on our full range of topics.

Where does your team's health and wellness fall into your overall business strategy?



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2022

JANUARY

Habit Your Way to
Wellness

FEBRUARY

Reframing Work-Life
Balance

MARCH

How to “Fit”
Wellness into Your
Busy Schedule

APRIL

Meet Your New
‘Best Friend’ for
Flexibility and
Strength

MAY

Mindfulness 101

JUNE

How to Break
Worry in Half

JULY

The Science of
Gratitude and Why
It’s Here to Stay

AUGUST



SEPTEMBER

How to Build
Exercise into Your
(Work) Day

OCTOBER

Building Stress
Resilience for
Wellness

NOVEMBER

Why Sleep is Your
Most Important
Appointment of the
Day

DECEMBER

How Your Wellness
Can Survive the
Holidays

Your Corporate Wellness Package will include 4 or 8 of the monthly themes shown above. You may choose to replace any monthly theme with the special topic: **How the Art of Listening Can Change Your (Work) Life.**

Experiences will be tailored to the goals of your organization. Depending on the size of your team and their specific needs, you will design your 6-hour Experience to include any combination of 45-minute all-hands Guided Workshops, 30-minute Small Group Coaching Sessions, and/or 30-minute Individual Coaching Sessions. Request in-person or virtual Experiences based on your team’s location and needs.

Capacity is limited! Contact Alexandria Wellness today if you are interested in booking for 2022.

“

Adrien’s sessions have been transformative for our group. We’re not only learning to nurture our own well-being, we’re looking out for each other.

”

CONTACT US AT 844-709-WELL! OR CONTACT@ALEXANDRIAWELLNESS.COM

experience descriptions

HABIT YOUR WAY TO WELLNESS

In this motivating workshop, you and your team will learn that the days of relying upon willpower and discipline are gone. We are now in the age of building small habits that result in fruitful change and greater wellness. The neuroscience of habits is gaining ground among athletes, corporations and anyone seeking excellence. You and your team will walk away confidently knowing how incorporating small change leads to big results.

RE-FRAMING “WORK-LIFE BALANCE”

Many of us grew up aiming for “balance” between our work and personal lives, keeping them in “silos” in our minds. In this breakthrough workshop, we will uncover alternative ways to approach our work lives in the context of our broader identity as moms and dads, sons and daughters, and the many important roles we play. In our interactive discussion, your team will individually and collectively define a new “work-life balance” that feels more satisfying and leads to more contentment and ultimately greater wellness. They will walk away with 2-3 simple new strategies that help them find alignment between the two.

HOW TO “FIT” WELLNESS INTO YOUR BUSY SCHEDULE

So many of us build a “to do” list and a schedule that matches or exceeds it. We have become proud of - and excessively use - the “busy” label. In this workshop, Adrien will teach you how small shifts in how you approach your calendar will lead to a greater sense of control of your life and wellness.

MEET YOUR NEW “BEST FRIEND” FOR FLEXIBILITY AND STRENGTH

While companies are continually selling gadgets for the “quick fix”, we have seen this one tool BAND teams together and create opportunities for strength, flexibility and mobility. We help make movement during the workday possible with this affordable, portable and colorful tool. Since we aim to BAND the team together, we build in a compliment-giving “exercise” that will bring smiles to everyone’s face!

MINDFULNESS 101

In today’s super-charged and competitive business environment, many organizations recognize the benefits of mindfulness not only on the overall success of their organization, yet also on the happiness of their teams. Mindfulness is here to stay, and the lasting health and wellness benefits cannot be ignored. Your team will learn simple ways to create their own individual mindfulness practices to help them survive their hectic workdays.

HOW TO BREAK WORRY IN HALF

Worry affects all of us. We worry about the future, our families, how we are perceived and much more. In this workshop, we will dissect worry and learn how to literally cut it in half with a handful of strategies you can start using today.

THE SCIENCE OF GRATITUDE AND WHY IT’S HERE TO STAY

Gratitude is not just an action, it is also a positive emotion that serves a biological purpose. This purpose extends from regulating emotions to literally helping to create a healthier body. Some define it as a personality “trait”, an action, and others define gratitude as a “state”. All are true. In this workshop, you and your team will walk away feeling boosted by the immediate gratitude offered and armored with the science of why it is possibly the key to achieving holistic health and wellness.

HOW TO BUILD EXERCISE INTO YOUR (WORK) DAY

It can be difficult to get to the gym, studio or anywhere to exercise. It is even more challenging to find time in your workday to move. In this workshop, we help you navigate your day building in movement that matters. We share tools for exercise at the desk and even while walking to the copy machine!

BUILDING STRESS RESILIENCE FOR WELLNESS

This is one of our most popular workshops. Stress leads to weight gain, sleep deprivation, hunger, lack of productivity, and decreased cognitive function. Building a stress resilience practice is at the root of a wellness-centered life and workstyle. Here we will explore common workplace and home stressors and introduce simple steps that can help participants “respond not react” when facing chronic, planned or unanticipated stress.

WHY SLEEP IS YOUR MOST IMPORTANT APPOINTMENT OF THE DAY

Next to water, sleep is the most primal of our needs. While we sleep, our brain is as busy as it is during the day cleansing, building and maintaining memory. Without quality and adequate sleep, we are hungrier, “hangrier”, our metabolism slows, weight gain is inevitable, our brains can’t function effectively and our immunity decreases. We will teach your team simple steps to find your own personal sleep “magic” that suits you.

HOW YOUR WELLNESS CAN SURVIVE THE HOLIDAYS AND A PANDEMIC

Many people lose track of their healthy habits and fall prey to over-indulging and less movement during the holidays. During the Pandemic, many either took their wellness to another level or allowed healthy daily habits to take a back seat. We help you and your team ward off the post-holidays regret and instead create a handful of healthy habits that will bring health, wellness and joy to your holidays.

HOW THE ART OF LISTENING CAN CHANGE YOUR (WORK) LIFE

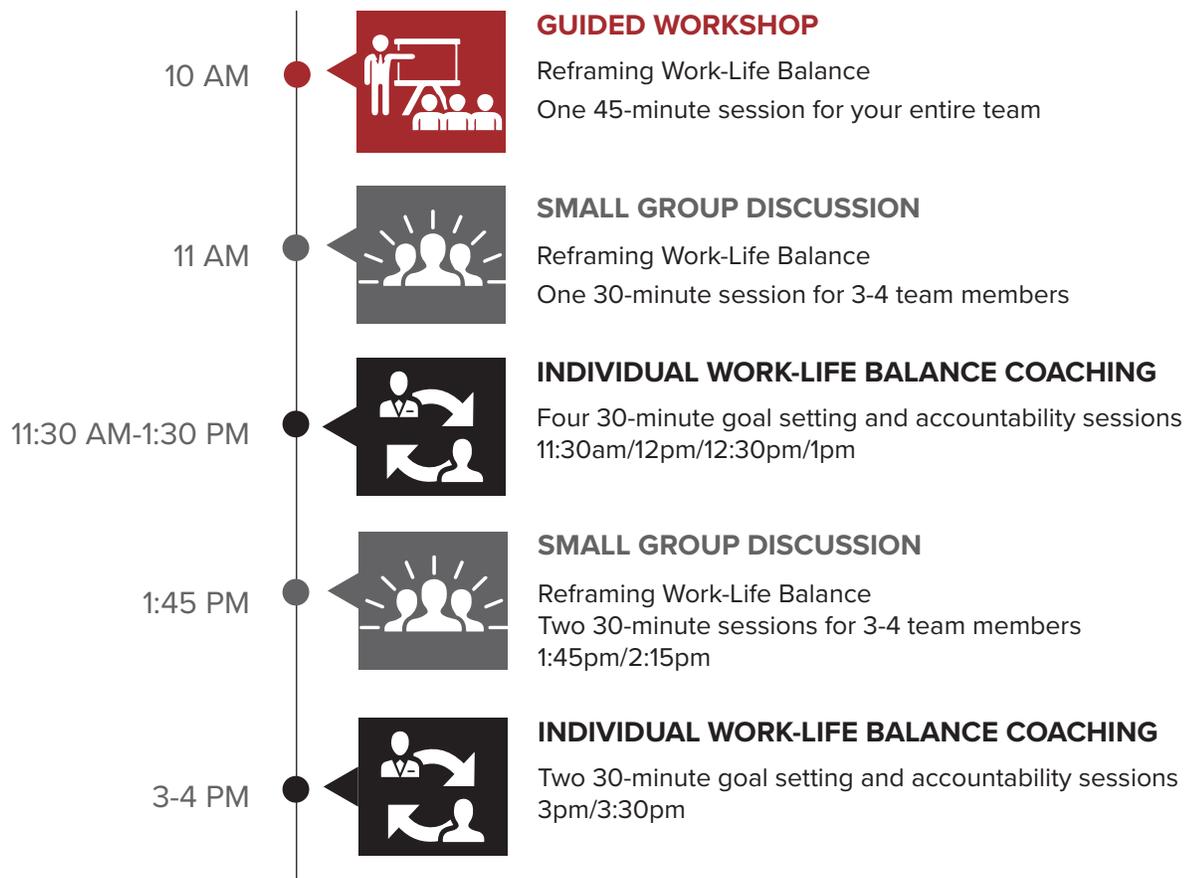
We listen to others and ourselves (self-talk) all day long. In this groundbreaking workshop, your team will learn how to shift conversations with loved ones and colleagues - and themselves - to an enriching experience filled with curiosity and compassion.

Example Experience Schedules

You design the number and type of sessions to meet the needs of your team! 45-minute Guided Workshops are designed for delivery to your entire team, while 30-minute Small Group and Individual Coaching Sessions are geared toward those team members interested in further developing simple habit-changing strategies.

EXAMPLE 1 - REFRAMING WORK-LIFE BALANCE EXPERIENCE

One 45-minute Guided Workshop at 10am for all employees, followed by a combination of 30-minute Small Group Coaching Sessions and 20-minute Individual Coaching Sessions.



EXAMPLE 2 - REFRAMING WORK-LIFE BALANCE EXPERIENCE

This schedule works perfectly for a smaller organization! Start the day with a 45-minute Guided Workshop for the entire team, followed by Individual Coaching Sessions for the remainder of the Experience.

