



CORPORATE  
*Wellness*  
with Adrien Cotton

The gift of **WELLNESS** to support your organization's transition to the "New Normal"

Why **Wellness** should be one of your organization's top priorities now:

Your people are struggling to...

- **renegotiate** how to manage work and personal life
- **navigate** stressors related to the continued uncertainties of pandemic life with confidence
- **reclaim** healthy food choices and exercise habits
- **be productive** while not burning out on screen time

There are many things we do not yet know about the "New Normal", but we do know that most people are struggling. There has never been a more important time for organizations to invest in wellness support for their team members!

**Choose an IN-PERSON  
or VIRTUAL Package**

**Each Package Includes:**

Three Wellness Experiences  
(descriptions on reverse side)  
tailored to what your team needs NOW!

Delivered one per month in  
September, October & November

Each Experience is 4 hours long and includes  
Guided Workshops as well as Small Group  
and Individual Wellness Coaching Sessions



## TESTIMONIALS

"Adrien's workshops are helpful, eye-opening and inspiring."

"I liked how it was refreshing and hopeful."



1423 Powhatan Street  
Suite 10, Alexandria, VA 22314  
[linkedin.com/company/alexandria-wellness](https://www.linkedin.com/company/alexandria-wellness)

**CALL US AT 844-709-WELL!**

[contact@alexandriawellness.com](mailto:contact@alexandriawellness.com)  
[www.AlexandriaWellness.com](http://www.AlexandriaWellness.com)

## **THREE “NEW NORMAL” TRANSITION WELLNESS EXPERIENCES (SEPTEMBER, OCTOBER, NOVEMBER)**

There is no better way to care for your teams this summer and fall than to provide them with the gift of wellness as they transition back to flex or in-person work.

Each of these Experiences combines guided workshops as well as small group time to create individualized wellness plans.

### **EXPERIENCE #1 : WORK / LIFE INTEGRATION IN THE “NEW NORMAL”**

Whether you are returning to work completely or using a hybrid model, the transition will require another negotiation of the work and personal life commitments. In this first Experience, your team will benefit from a guided workshop and opportunities to work in a small group environment to create a personal plan.

### **EXPERIENCE #2 : MANAGING STRESS IN THE “NEW NORMAL”**

Sheltering in place brought a series of new stressors and a return to work is no different. In this second Experience, participants will learn what a stress reaction/response actually is and how they can reduce the amount of stress they feel. They will benefit from working in small groups to develop stress management and reduction plans to execute anywhere.

### **EXPERIENCE #3 : ESTABLISHING HEALTHY “NEW NORMAL” HABITS**

The COVID 19 is no joke, and the problem is not only the additional weight people have put on, but also the significant interruption of healthy eating and exercise habits. In this third Experience, team members will learn how to reclaim or establish achievable habits that will reset them on a path to wellness. Small group meetings will then allow for the development of personalized plans.

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Experiences are scheduled 10am - 2:30pm in person or virtually (30 min break built in)  
**Capacity is limited!**

Contact Alexandria Wellness today if you are interested in booking for 2021.  
Experiences begin in September 2021.

## **TESTIMONIAL**

“Adrien brought simplicity to what can seem like complicated topics, like stress, sleep and habit changing our way to wellness. Our team engaged with one another and continue to talk daily about our program Adrien brought to us.”

**CALL US AT 844-709-WELL!**