



PEAK WELLNESS PRESENTS



**Modern  
Corporate Wellness:**

# **The Complete 2021 Catalog**

Because stress reduction shouldn't  
stress you out.



# Meet the Team

## Say Hello To North America's largest network of Corporate Wellness professionals.



*Kayla Kozan*  
Founder & CEO  
kayla@peakwellnessco.com

### About Peak Wellness

Peak Wellness is Corporate Wellness on autopilot.

Before Peak, booking Corporate Wellness facilitators was a burden, often passed on to the Wellness Team, Office Manager, or unsuspecting summer student. Finding qualified teachers was time-consuming and frustrating. With Peak, you can book individual classes or book a year's worth of wellness workshops, all in one day!

**All of Peak's workshops focus on evidence-based practices that are proven to reduce burnout, lower stress, and increase productivity.**

Our facilitators are experts in their fields, offering: Mindfulness Meditation, Chair Yoga, Mat Yoga, Mindful Eating & Nutrition, Resilience Training, Fitness, and Pilates.

Peak Wellness is the largest provider of corporate wellness and mindfulness training across North America and one of the few companies able to deploy programming in multiple cities simultaneously. Many people struggle to maintain wellness practices in their spare time so Peak brings the practice to them — at work!

### About Kayla

Kayla is the Founder & CEO of Peak Wellness and has over 450 hours of formal wellness training from U of T, Google's SIY Leadership Institute, and Mindfulness Without Borders. After experiencing rock-bottom burnout herself, Kayla left her day job to make mindfulness meditation more accessible for the working professional.



# Mindfulness Favorites (30 Or 60 Minutes)



## MINDFULNESS 101

This introduction to mindfulness meditation is perfect for calming the mind and releasing stress. In this class, you will learn the subtle difference between mindfulness and meditation and how to bring mindfulness into your work and home life.

This class is highly recommended as a start to any series of sessions.



## MINDFULNESS FOR WORK-LIFE BALANCE

This class explores the concept of work-life balance and how to develop it mindfully.

We'll take a look at two data-backed strategies for improving work-life balance, even when working from home! Learn how to use mindfulness to determine what is most important to you.



## MINDFULNESS FOR REDUCING WORRY

Mindfulness for reducing worry focuses on scientific, step-by-step strategies to reduce worry, rumination, and negative thought patterns. Learn how to use meditation to calm a racing mind and stop the downward spiral of dread.

Add the "worry challenging" framework to your cognitive tool kit.



## RESILIENCE TRAINING

This class will explore what resilience is and how to cultivate it. Resilience allows us to overcome change and ambiguity with ease.

Learn the three pillars of resilience in a workplace context: *Challenge, Commitment, and Personal Control.*



# Mindfulness & Mindset Themes (30 Or 60 Minutes)



## MINDFULNESS FOR STRESS REDUCTION

Self-care is essential to maintaining positive mental health and reducing stress.

And self-care isn't just about bubble baths!

This class will look at two techniques you can use to improve your own self-care and support others around you.



## MINDFULNESS & THE BRAIN

Learn more about the science behind mindfulness and the brain. A look at the most well-documented studies as well as exciting, emerging research on neuroplasticity and what it means for us.

If you've ever wondered "*what's going on in there?*" when you meditate, this is the class for you.



## MINDFUL EATING & NUTRITION

Mindless eating can make us feel lethargic and depleted but mindful eating helps us energize and fuel our bodies.

Grab a cup of coffee or tea before the session and we will close with a "*mindful coffee break*" meditation.

A simple practice for fitting mindfulness into your workday.



## BREATHWORK BASICS

We use the breath as the foundation for many meditation and yoga practices. This class discusses the basics of breathwork and introduces a breathing method called "*box breathing*."

*Box breathing* allows the body to leave a state of stress and enter into a state of calm.





# Mindfulness & Mindset Themes (30 Or 60 Minutes)



## WFH WELLNESS

Working from home comes with a unique set of challenges as many of us struggle to define the boundaries of our work. Learn simple techniques to improve and maintain your wellbeing when working from home.

Great for all teams, whether you are working from home temporarily, or have always worked remotely.



## MINDFULNESS FOR IMPROVING SLEEP

Sleep is critical to our health and wellbeing.

Learn the three main barriers to restful sleep, how mindfulness plays a role, and tools to improve the quality of your sleep.

Learn how to use mindfulness to help you fall asleep and stay asleep longer.



## MINDFUL MANAGERS

Many business leaders (hello Marc Benioff, billionaire CEO of Salesforce!) attribute their success as managers to their mindfulness practice.

Managers account for ~70% of the variance in employee engagement.

Learn how to integrate mindfulness into the way you manage, inspire, and lead.



## THE SCIENCE OF GRATITUDE JOURNALING

Gratitude may be the most accessible, affordable tool we have to increase optimism, emotional resilience, and happiness.

You don't need a pricey moleskine notebook to practice gratitude journaling, any piece of paper will work just fine!



# Mindfulness & Mindset Themes (30 Or 60 Minutes)



## MINDFULNESS FOR BOOSTING CREATIVITY

Mindfulness has been shown to increase divergent thinking, a critical element of creativity.

This upbeat class features two creativity-boosting challenges and is a great team-building activity!

Close with a guided meditation designed to kickstart your creative problem-solving.



## MINDFUL COMMUNICATION

Mindful communication is one part *mindful speaking* and one part *mindful listening*.

Improving communication increases the effectiveness of team projects and meetings.

Use the fundamentals of both strategies to improve your workplace relationships and team morale.



## MINDFUL MEETINGS

92% of workers admit to "multitasking" during meetings and managers deem 71% of their meetings to be "unproductive."

Learn three simple mindfulness techniques to improve the efficacy of your meetings including mindful listening and mindful meeting openers.



## MINDFULNESS FOR FOCUS & PRODUCTIVITY

On average, employees who work on computers are distracted every 11 minutes and many workers have found increasing distractions when working from home.

Learn how to use mindfulness meditation to find focus and make the most of your workday.



# Mindfulness & Mindset Themes (30 Or 60 Minutes)



## MINDFULNESS FOR PREVENTING BURNOUT

Burnout affects over 60% of workers and is continuing to climb.

Mindfulness is one piece of the puzzle when managing burnout.

Learn how to use it to your advantage in times of stress.

This class discusses five fundamental practices to identify and help reverse the impact of burnout.



## CREATING PSYCHOLOGICAL SAFETY

This class explores the interesting connection between mindfulness and psychological safety.

Learn a simple mindfulness technique for increasing empathy and navigating difficult conversations in the workplace.

Four strategies for increasing psychological safety among teams.



## MINDFULNESS & POSITIVE PSYCHOLOGY

A look at the science of positive thinking and how we can use it to our advantage, especially in times of chaos.

Explore the value of a growth mindset during stressful times and learn simple mindfulness practices for boosting your mood, no matter what the world throws at you!



# Fitness Favorites (30 Minutes)



## CHAIR YOGA

This introduction to yoga is specially designed to be done from the comfort of your chair!

It is perfect for beginners, even if the last time you touched your toes was a decade ago. These classes are **taught by a registered yoga teacher**.

No yoga or special equipment required. Just bring yourself and a chair!



## MAT YOGA

Mat yoga is just what it sounds like! Yoga on a mat. Yoga is one of the best ways to wake up the mind and reduce stress within the body.

These classes are **taught by a registered yoga teacher** and feature modifications that are accessible to everyone.

A yoga mat or towel is recommended.



## MINDFUL MOVEMENT

Mindfulness meets movement!

Moving mindfully is all about presence and staying in the current moment.

Techniques include mindful walking, mindful stretching, and small ergonomic adjustments to bring more ease into your workday.

No equipment required.



## MAT PILATES

Pilates is our most challenging fitness class but it is still accessible to beginners through modifications. Increase strength and get the heart pumping. **These classes are taught by a registered pilates teacher.**

A yoga mat or towel is recommended, as well as clothing that is easy to move in.





# Multi-Pack Recommendations



## 4-SESSION INTRO PACK

1. Mindfulness 101
2. Chair Yoga
3. Work-Life Balance
4. Resilience Training



## 4-SESSION MANAGER'S PACK

1. Mindfulness 101
2. Mindful Managers
3. Mindful Meetings
4. Creating Psychological Safety



## 4-SESSION SCIENCE PACK

1. Mindfulness 101
2. Mindfulness & The Brain
3. Boosting Creativity
4. The Science Of Gratitude Journaling



## 4-SESSION FITNESS PACK

1. Breathwork Basics
2. Chair Yoga
3. Pilates
4. Mat Yoga



## 6-SESSION COVID-RESPONSE PACK

1. Mindfulness 101
2. Chair Yoga
3. Mindfulness For Reducing Worry
4. Work-Life Balance
5. WFH Wellness
6. Preventing Burnout



## 6-SESSION SAMPLER PACK

1. Mindfulness 101
2. Chair Yoga
3. Mindful Eating & Nutrition
4. Boosting Creativity
5. Mindfulness For Stress Reduction
6. Focus & Productivity



## 6-SESSION MINDFUL LEADER PACK

1. Mindfulness 101
2. Mindful Meetings
3. Creating Psychological Safety
4. Mindful Managers
5. Work-Life Balance
6. Focus & Productivity



## 6-SESSION WELLNESS PACK

1. Mindfulness 101
2. Chair Yoga
3. Mindfulness For Improving Sleep
4. Chair Yoga
5. Mindful Eating & Nutrition
6. Chair Yoga



# Multi-Pack Recommendations



## 12-SESSION ALL-STARS PACK

1. Mindfulness 101
2. Chair Yoga
3. Mindfulness For Stress Reduction
4. Chair Yoga
5. WFH Wellness
6. Chair Yoga
7. Resilience Training
8. Chair Yoga
9. Boosting Creativity
10. Chair Yoga
11. Mindfulness For Improving Sleep
12. Chair Yoga



## 12-SESSION ADVANCED MINDFULNESS

1. Mindfulness 101
2. Mindfulness & The Brain
3. Mindfulness For Reducing Worry
4. Resilience Training
5. WFH Wellness
6. Mindful Movement
7. Mindfulness For Stress Reduction
8. Boosting Creativity
9. Mindful Meetings
10. Focus & Productivity
11. Work-Life Balance
12. Mindfulness For Improving Sleep



## 12-SESSION WHOLE BODY WELLNESS

1. Mindfulness 101
2. Chair Yoga
3. Mindfulness For Reducing Worry
4. Chair Yoga
5. WFH Wellness
6. Chair Yoga
7. Mindfulness & The Brain
8. Chair Yoga
9. Boosting Creativity
10. Chair Yoga
11. Mindfulness For Improving Sleep
12. Chair Yoga



## 12-SESSION LEADERSHIP PACK

1. Mindfulness 101
2. Chair Yoga
3. Mindfulness For Reducing Worry
4. Chair Yoga
5. WFH Wellness
6. Chair Yoga
7. Creating Psychological Safety
8. Chair Yoga
9. Boosting Creativity
10. Chair Yoga
11. Mindfulness For Improving Sleep
12. Chair Yoga

Notably, our sessions are specially designed for corporate clients. No crystals or candles here!  
The content does not refer to, or reference any particular religion. Just simple, upbeat, and informative content.



# Testimonials



## CHERI MUNGHAM JIWANI, GLOBAL HR

"Peak joined us virtually to present their Mindfulness 101 session. This was an informative, practical, and calming presentation that gave employees tools they can incorporate into their busy lives.

We received great feedback from attendees! We would love to have the team back to present on other wellness topics."



## KATIE CARPENTER, ASSET MANAGER

"Peak Wellness lead my colleagues and I through a 12-week mindfulness and meditation series. I really appreciated Peak adjusting the material to be more appropriate and useful during these times of higher stress and uncertainty. Peak was very easy to work with, well prepared, responsive, and adaptable."



## YOUNG PARK, PRODUCT MANAGER

"Peak Wellness helped organize an hour-long Mindfulness 101 session for my team. You can tell they put a lot of thought and effort into presenting to our specific company vs. something more formulaic which was highly appreciated

Lots of high praise from our team members after the session. Highly, highly recommend to others!"



## STACY HURT, ATTENDEE

"This is professional and practical instruction, given concisely and compassionately by a skilled teacher. It's been an island of peace in my week during a time when it's much needed. I have and will continue to recommend to colleagues, friends, and family.

Thank you!"

## MORE HAPPY CLIENTS INCLUDE



# Ready to launch a multi-pack program? Follow these four simple steps:

1

**Choose the themes most relevant to your unique team.** Not sure where to start? No problem! Choose from one of our pre-set multi-packs or just ask us. We are happy to provide recommendations or even choose the classes on your behalf!

2

**Choose your number of classes and class frequency.** We recommend weekly, monthly, or biweekly—in that order. These frequencies have the highest number of attendees. That being said, custom frequencies are available, just let us know.

3

**For virtual classes, let us know which system you would like to use.** We can support up to 500 attendees via Zoom Webinars or utilize your internal system of choice!

4

**Launch!** Once you have designed your program we will provide internal marketing message that you can share with your team. Get ready to relax, reduce stress, and recharge with us. You deserve it.





Have questions?  
We have answers!

Let's connect.

Please email us at

[hello@peakwellnessco.com](mailto:hello@peakwellnessco.com)

or call us directly

1 (306) 541-6473

