

MULTI-LEVEL WELLNESS PROGRAM





ACTIVATE CORPORATE WELLNESS

WITH
STEPHANIE MITCHELL

TAKE CARE OF YOUR TEAM

The Rolling Mat Corporate programs transform your company culture by bringing in a strong, consistent, multi-level wellness initiatives to improve employee retention, productivity, and workplace morale.



WITH 7 YEARS OF EXPERIENCE I KNOW EMPLOYEES ARE PASSIONATE ABOUT PARTICIPATING IN

- Mindful Mornings where they are taught techniques to reduce stress and burnout
- Mental Check-Outs that provides them with meditation practices to improve brain function
- Mental Reboot Workshops that are structured to provide clarity exercises designed to boost focus and formulate next ACTION steps for your business/employees

EMPLOYEES NEED TO FEEL PROTECTED

IMAGINE ALL YOU CAN DO FOR YOUR TEAM IF YOU ACTUALLY KNOW THEM ALL

What hobbies or interests they have outside of work? How do they spend their free time?

Who do they care most about?

What or who inspires them and what really drives them deep down?

What has influenced their life and shaped who they are?

What education or training do they have that is unique? How can that be of use?



**HOW-TO BUILD A FLEXIBLE PROGRAM
THAT MEETS YOUR TEAM NEEDS**

WORKSHOPS

STRUCTURED TO BOOST ENGAGEMENT, MORALE, PROFIT AND IMPROVE TEAM FUNCTIONALITY

WHAT DO I OFFER? EXAMPLES:

- Mindful strategy – practices that improves productivity and impact
- Team Building – Interactive practices to boost morale and keep employees engaged
- Generational Gap – How to effectively communicate with your team and customers at every age.
- Mental Re-Boot! Interactive clarity exercise designed to boost focus and formulate next ACTION steps for your business/employees

ACTIVITIES

CLASSES AND MEDITATION SESSIONS ARE DIFFERENT EACH MONTH

EXAMPLES:

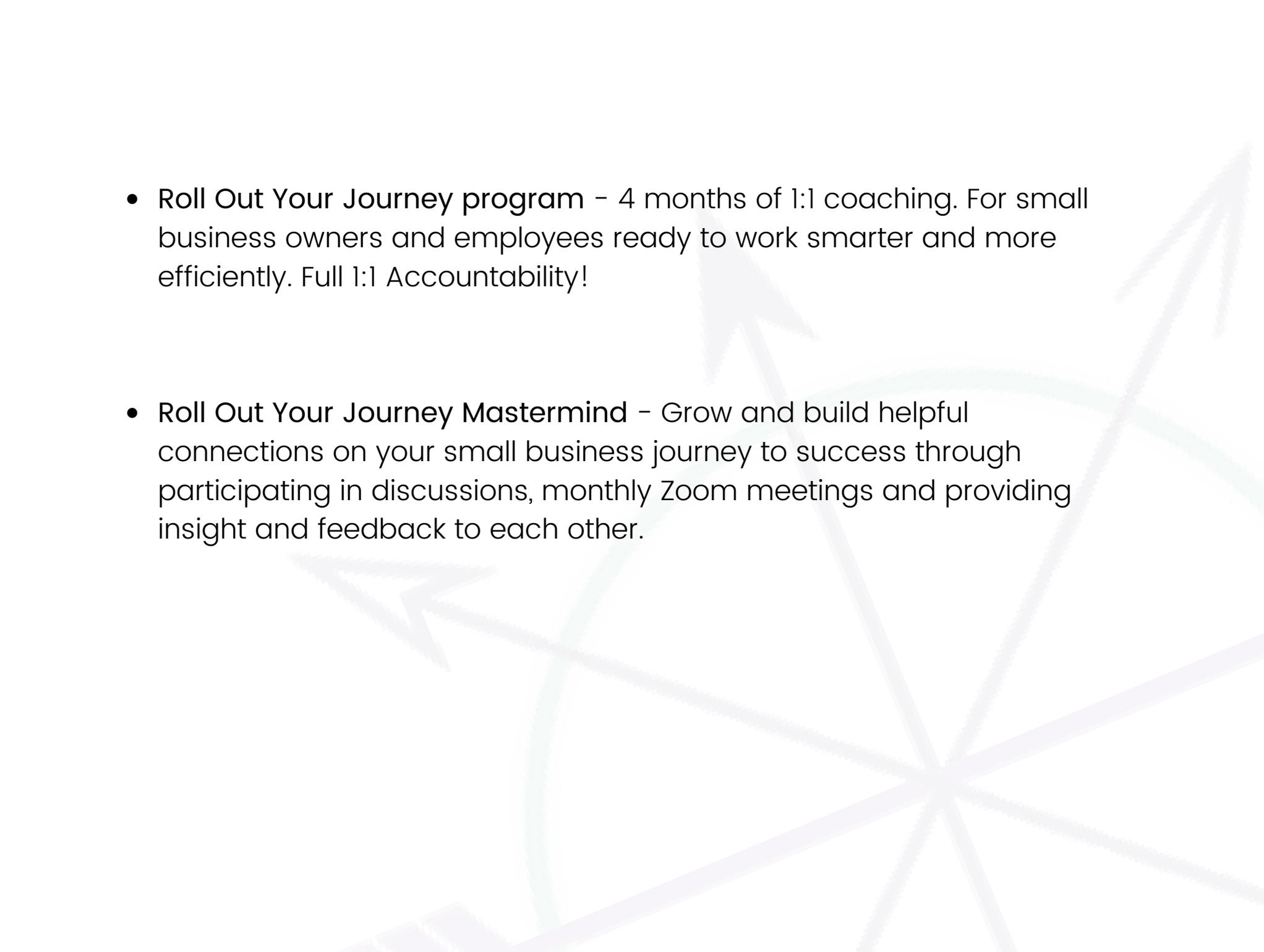
- Monthly ALL levels Yin Yoga - restorative stretching and calming of mind (1 hour)
- Mental check out - Meditation and best practices on how to improve brain function (45 minutes)
- Mindful mornings - Discuss any current stress and concerns then discuss quick techniques to reduce stress and burnout (45 minutes)
- Monthly ALL levels Slow Foundational Flow Yoga classes - relieves physical pain from sitting for long hours, gentle elevates the heart-rate for a mild burn & relieves mental stress (1 hour)

SUPPORT

FOR BUSINESS OWNERS AND EMPLOYEES WHO NEED ADDITIONAL ASSISTANCE & ACCOUNTABILITY

EXAMPLE:

- **Weekly resources** – tips on how to handle stress, team engagement practices, yoga videos, health food & drink recipes/options, desk & chair yoga! Keeping wellness at the front-of-mind and making it easily accessible.
- **Jump-start Accountability program** – 5 weeks of coaching. For small business owners and employees to find their direction and build a strong foundation.

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- The background features a light green curved line and several grey arrows pointing in various directions, creating a sense of movement and progress.
- **Roll Out Your Journey program** - 4 months of 1:1 coaching. For small business owners and employees ready to work smarter and more efficiently. Full 1:1 Accountability!
 - **Roll Out Your Journey Mastermind** - Grow and build helpful connections on your small business journey to success through participating in discussions, monthly Zoom meetings and providing insight and feedback to each other.

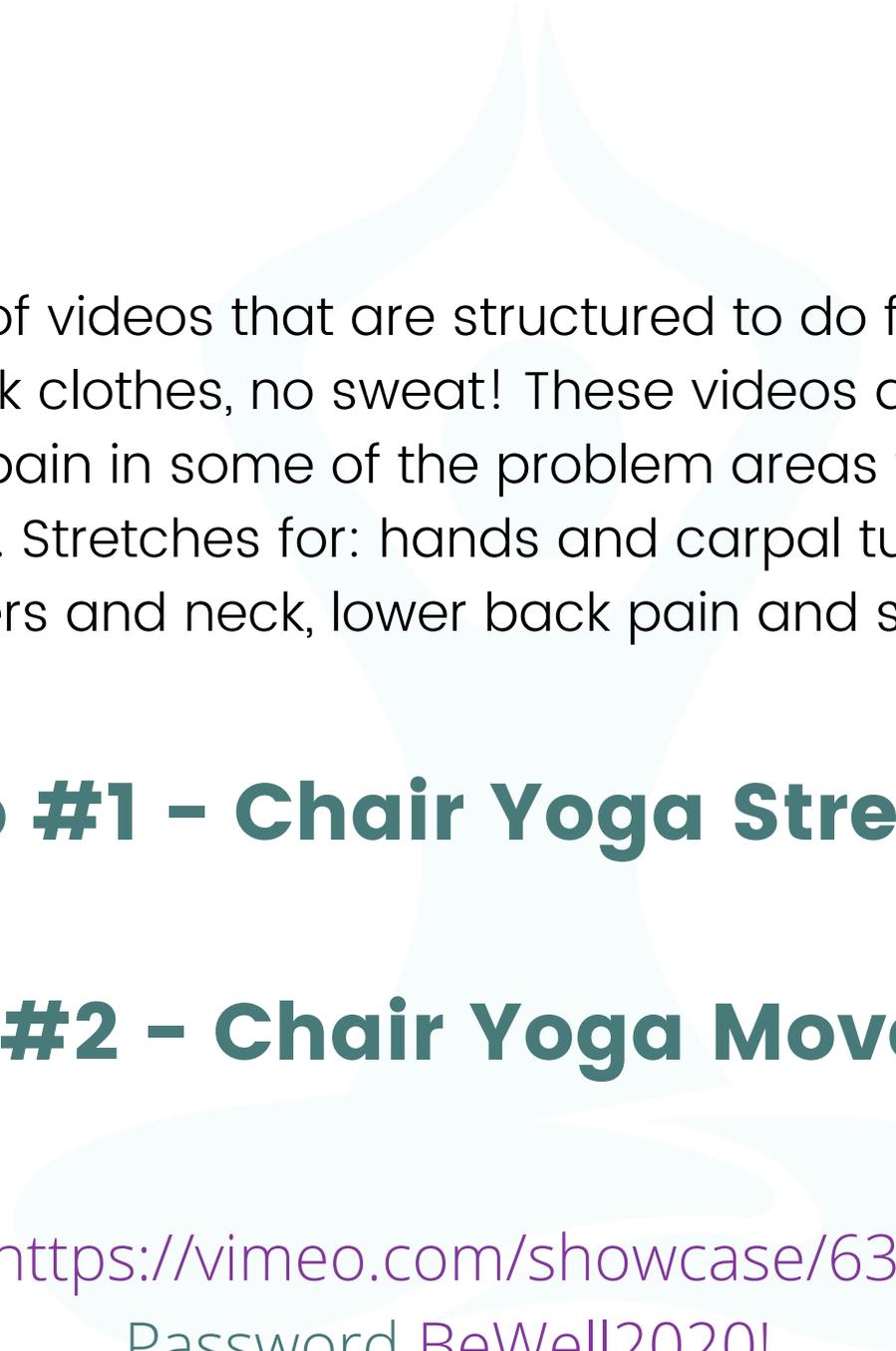


**EASY FIRST STEP!
10 MIN CHAIR YOGA
INSANE RESULTS IN 21 DAYS**

LEADERS, TEST YOURSELF

AFTER YOU FEEL THE BENEFITS FIRSTHAND, SHARE WITH YOUR TEAM! LET IT SPARK A CONVERSATION ABOUT WELLNESS & WHAT WE CAN DO TO BETTER IMPROVE OUR WORK-LIFE BALANCE





A sequence of videos that are structured to do from the desk space, in work clothes, no sweat! These videos are structured to alleviate pain in some of the problem areas that 9-5ers experience. Stretches for: hands and carpal tunnel, arms, shoulders and neck, lower back pain and stiffness.

Video #1 - Chair Yoga Stretches

Video #2 - Chair Yoga Movement

Go to <https://vimeo.com/showcase/6320259>

Password BeWell2020!

ROLLING PARTNERS



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