

FOR HR AND PEOPLE TEAMS

Live corporate wellbeing, *built for the workday.*

Live, facilitator-led wellbeing sessions employees actually attend, delivered live online nationwide over Zoom or Microsoft Teams, and onsite across Dallas-Fort Worth. Every session is built on The Workday Reset Method™. Founded by Nina Mua in Dallas.



WHAT WE RUN

- **Live online sessions.** 30-minute sessions led live by a certified facilitator on Zoom or Microsoft Teams. Your team joins from the office, home, or the road, from a single calendar invite.
- **Single session, curriculum, or annual program.** Run one session, a 4, 8, or 12-session curriculum across four modules (Stress and Reset, Energy and Body, Sustainability, Resilience), or an annual program of two sessions a month all year.
- **Dallas onsite formats.** In person across the DFW metroplex: live sound bath, office yoga, walking meditation, and the Wellness Reset Lounge pop-up.

WHAT EVERY SESSION INCLUDES

- ✓ A pre and post Workday Wellbeing Audit, so your team sees its starting point and what shifted

- ✓ A Tools Card of practices employees can use on their own after the session
- ✓ A Manager Toolkit so leaders can reinforce what teams learn
- ✓ An optional recording for anyone who misses the live session
- ✓ No app to download, no logins, no employee tracking; sized for up to 200 attendees

HOW IT WORKS

- **You pick the format.** Live online on Zoom or Microsoft Teams, onsite in Dallas-Fort Worth, or both.
- **You pick the cadence.** A single session, a pack, or a recurring program across the quarter or year.
- **We handle the calendar.** We send the invites and a run-of-show ahead of each session. Your team just joins the link or the room.

WHY HR TEAMS CHOOSE IT

- **Live and human-led.** A real facilitator in real time drives the attendance and follow-through that recordings and apps do not.
- **Curriculum-grade.** A four-module, twelve-session curriculum gives you a clear progression to point to, not just an attendance count.
- **Procurement-ready.** W-9, COI, and MSA available on request. Facilitators are certified and fully insured.
- **Inclusive by design.** No experience, fitness level, mat, or clothing change required. Cameras and participation optional.

NEXT STEP

Request a quote and we will reply with the right format and an exact price within one business day. No call required.

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