

Employee Wellness



Unlock a powerful combination of learning, hands-on experiences, and evidence-backed interventions in our impactful mental health workshops.

TNP provides evidence-based workshops aimed at seamlessly integrating mental health awareness into your organization's culture. Our services include:

- Comprehensive evaluations of your team's emotional well-being.
- Customized mental health tools and experiences tailored to meet the specific needs of your busy professionals.
- Integrated mental health initiatives that can be implemented into your existing infrastructure.
- Planning and executing community wellness events customized for your teams, fostering a culture of well-being and support.

Workshop Pricing

Corporate **\$3500**

Schools **\$2500**

Non-profit **\$1500**

*VOLUME PRICING AVAILABLE

Topics Include

(not limited to)

- Mindfulness Tools for Work
- Quick Skills for Regulation
- Mindful Conflict Management
- Mindful Work-Life Balance
- Reducing Workplace Stress
- Creating Mindful Communities
- Mindful Leadership

TNP App Coming Soon!



Weflection- Empowering Organizations through Integrated Well-being Solutions

1. Access to on demand wellness sessions & courses
2. A library of somatic and mindfulness interventions for busy professionals
3. Tools to track employee engagement and wellness

For more information please contact

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www.thenamasteproject.net