

Virtual Services

WEBINARS

Ideal for teams, all-hands, focus groups, large audiences, meetings and conferences.

Designed for participation in the work space, in work attire, during the work day.

Available in any time increment from 20 to 45 minutes.

SESSIONS

Private appointments that provide opportunities for one-on-one personalized support.

- Address individual goals or intentions for the wellbeing of mind and/or body.
- Coaching
- Breathing Exercises
- Relaxation Techniques
- Stress Reduction Strategies
- Meditative Practices
- Posture and Functional Stretches.



The Customized Session

Hone in on a specific theme or interest topic:

- General Workplace Wellbeing
- Stress Management Techniques
- Breath Exercises
- Guided Relaxation
- Functional Stretches to Relieve Tension
- Meditation, Mindfulness, and Mind-based Practices

The Signature Session

Delivers a guided experience through our proprietary three-pronged method.

- Provides stress relief in body and mind
- Take away tips and techniques for ongoing benefits
- Breath Exercises
- Meditative Relaxation
- Functional Stretches to Relieve Tension

Onsite Services

Curated Events, Programs, or Sessions.

Available for special events

(retreats, in-service days, conferences)

or ongoing wellness program (monthly, quarterly, annually).

Includes:

- Virtual meetings to plan the onsite experience and prepare the customized content
- Support for internal marketing to generate interest and attendance
- Follow up materials including surveys, metrics, and ongoing resources



Group Presentations

Popular Topics:

- General Workplace Wellbeing
- Stress Management Techniques
- Breath Exercises
- Guided Relaxation
- Functional Stretches to Relieve Tension
- Meditation, Mindfulness, and Mind-based Practices

Solo Sessions

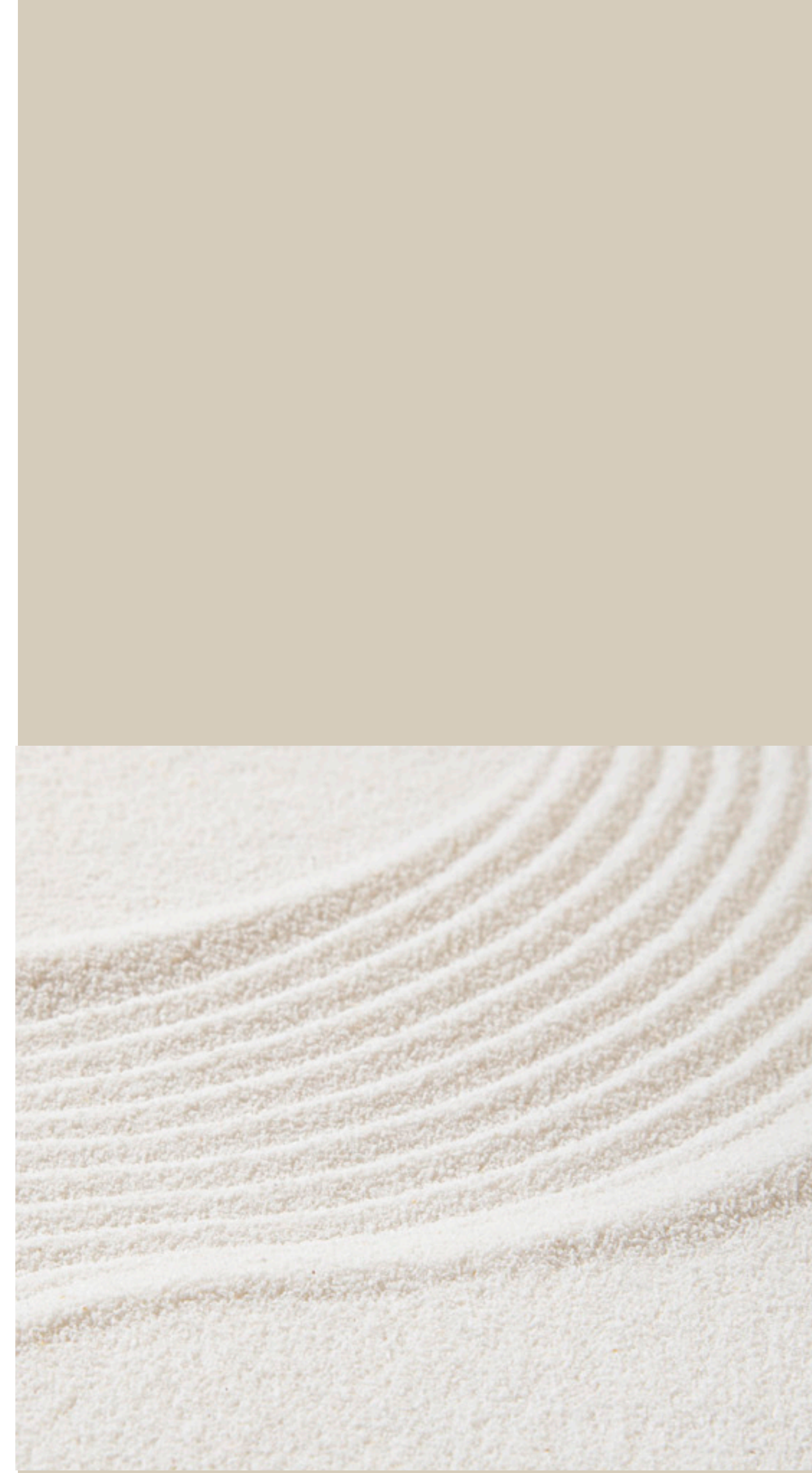
Private, One-on-One Facilitation in:

- BE Holistic Coaching
- Breathing Exercises
- Relaxation Techniques
- Stress Reduction Strategies
- Meditative Practices
- Posture and Functional Stretches

BE Holistic Coaching

Achieve professional goals through the expert guidance of IPEC-certified coach, Tanhya Schimel.

- Unique approach integrates the BE Signature Method and IPEC Core Energy Coaching™
- Identify the root (or “core”) of the challenge or obstacle
- Shift inner thoughts, beliefs, and emotions to allow for reaching highest potential.



**Together, let's create
the solution for your
workplace wellbeing.**

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