



Office Wellness Retreat



Teany Hidalgo and **Debbie Bellenger** have partnered to bring Well-being, Resiliency and Burnout education to employers. They have extensive experience in corporate America, burnout coaching, and corporate wellness customizing employer wellness solutions to meet organizational needs.

They have been actively leading podcasts for various groups, including Vantage Fit; an arm of Vantage Circle Employee Engagement on Burnout in the Workplace and Why Workplace Well-being post pandemic is so important. They have also been actively speaking on webinars and conducting LinkedIn lives to share this important information to a global audience.



We would be delighted to provide you with two of our programs and customize them to meet your specific workforce needs:

Wellness Retreat at Work 2022 - 2023

With **one in five Americans reporting Burnout**, changing work landscapes from Work From Home (WFH), Hybrid Work, Return to Work (RTW) and the 4th and 5th strain of covid before us; we recognize that we are exhausted from the constant state of crisis, change, and world events.

We created the **Wellness Retreat to fulfill five objectives**: 1. to learn the signs and symptoms of burnout, 2. to learn the feel good strategies backed by science, 3. to learn how to be mindful and to create meditation moments in your work day, 4. to learn about the science between brain health, nutrition and tools that may support your brain health, and 5. to put it all together with tactics to enhance your day at work, create a work space that you feels good to you and how to be more mindful in enjoying your days.

This Retreat will be co-facilitated by Teany and Debbie.

The Wellness Retreat at Work is 5 - 45 minute sessions provided by Zoom, with recordings, tools, apps, and recommended readings.

The delivery may be customized to meet your workforce and scheduling needs.

Cost - \$3000

Minimum # of employees - 5

Maximum # of employees - to be determined as per employer and WYAO Hawaii

Appreciation gifts - to be determined, may recommend items in theme with stress reduction, mindfulness, creating healthy habits

Contact Terri@wyaohawaii.com to register your team!



8 Hour Workshop - Burnout, Mental Wellness and Resiliency



We created this 8 hour workshop for employers because some of the biggest challenges for employers are The Great Resignation, employee retention, employee satisfaction and burnout increasingly on the rise in all sectors. Post pandemic employees are showing signs of anxiety about return to work, feeling over-stimulated, stressed, filled with anxiety, afraid of losing jobs with the recession and trying to cope. Education around signs and symptoms of burnout, attaining mental wellness and learning resiliency skills, are all parts of being well at work and in life!

This workshop will be co-facilitated by Teany and Debbie.

This 8 hour workshop is designed to address signs and symptoms of burnout in employees, steps to self-care and then transforming these skills into transformational leadership within teams. Within the 8 hours together, we address the following:

1. Understanding Mental Health Trends Post Pandemic
2. Recognizing Burnout 101
3. Creating a Self-Care Plan
4. Building a Culture of Caring in your teams
5. Addressing Return to Work Challenges
6. Identifying Mental Health Solutions
7. Discussing a Roadmap for Resiliency
8. Final Thoughts, Real Talk, Takeaways and Action Plan

The delivery of this program will be customized to accommodate work schedules and shifts, and organizational needs with regards to team building, organization's needs and values.

Eight lessons of 60 minutes each will be provided by zoom and recorded. Tools, apps, recommended readings and a workbook with assignments will be provided to each participant.

Cost - \$8000

Minimum # of employees 10

Maximum # of employees 20

Contact Terri to register your team for option one or two Terri@wyaohawaii.com

