

# CORPORATE MINDFULNESS + WELL-BEING PROGRAMS

For Individuals, Teams, and Organizations

Visit: [www.brandnewme.live/workwithus](http://www.brandnewme.live/workwithus)  
to get started!



## MEDITATION

### Mindful Minute - Guided Meditation

- Bring your team together for 15 minutes of mindfulness
- Breathing exercises and visualization meditations improve creativity and collaboration
- Balance, reduce stress, and promote overall well-being

## WORKSHOPS

### Intention Setting - Holistic Edition

- Clarify what holistic success looks like for you
- Connect with your why, and tap into the force that nurtures and pulls you into your vision
- Create action plans for the small daily steps that align with your intentions

### Practicing Gratitude

- Pivot from frustrated and overwhelmed to calm and in control during chaotic times
- Practice techniques that empower you to be aware and exert dominion over your state
- Possess collaborative energy and present approaches to resolving conflicts and overcoming challenges

## ONE-ON-ONE HOLISTIC PERFORMANCE COACHING

- Align with thoughts, beliefs, and behaviors to fulfill your desired outcomes
- Consistently reframe narratives helping you process information and step into command
- Take coherent enthusiastic action, cultivating healthy relationships and win-win results
- Sustain momentum by owning the potency of confidence

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Workshops and meditations are available weekly, monthly or quarterly and delivered virtually or in person.