

EMPLOYEE COACHING & YOGA WELLBEING PROGRAM



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Personal & Career Transformation Coach

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Yoga Instructor, YamYoga

WE HELP YOU SUPPORT EMPLOYEE WELLBEING IN YOUR ORGANIZATION

WHO defines Corporate Wellbeing as “Employers supporting their employees’ wellbeing by **providing tools, techniques and skills to help employees manage their own physical and mental wellbeing allowing them to reach their full potential in the workplace and live healthy and balanced lives.**”

The benefits of investing in your employees' wellbeing include:

- improved mental and physical health
- more effective navigation of fast-paced work style
- increased self-care and decreased stress level
- decrease of absenteeism
- more positive work culture
- increased collaboration, productivity and resilience
- positive impact on business outcomes

ABOUT US

With years of first-hand corporate experience in internal and customer facing roles, we both know how rewarding, but also difficult the current work style can be.

Stuck for hours at our desks, computers and phones, busy with processes, brainstorming, solving problems and delivering, we often forget how important it is to take a break - to relax our body and refresh our mind. We forget that to feel happy and be productive we need to take care of ourselves, and our needs.

Wellbeing is not only about rest, it's about creating a state where we feel good, with the right balance between relaxation and stimulation, where we want and can do more, better, and we like where we are.

We care deeply about others and are passionate about the potential that lies in us, the power of our bodies and minds. That's why we decided to focus on helping others feel better, more motivated, energized, connected and productive on a daily basis:

Barbara - as a coach, challenging and stimulating your thinking to help you unblock your potential, and create an effective plan to get where you want to be.

Paulina - as a yoga instructor, leading you through building awareness of your body, creating connection with yourself and others, and giving you the opportunity to become part of the shared positive energy.



EMPOWERMENT COACHING

A deep, non-judgmental and powerful journey through self-discovery and awareness building for motivation, effective planning, and energetic action taking towards personal and professional success.

Benefits of coaching in the workplace:

- helps create the right mindset - specifically optimism and positive affect which have high impact on performance
- improves life and work quality through increased self-awareness
- increases problem solving and proactivity
- stimulates employee engagement and collaboration
- unblocks hidden potential and growth



WORKPLACE YOGA

A mind-body practice that combines physical postures, breathing techniques, and meditation or relaxation.

A holistic approach to wellness that promotes balance, strength, and flexibility.

Benefits of yoga in the workplace:

- relaxes body and mind
- offers a "breathing break" to recharge
- reduces stress and anxiety
- improves focus and concentration
- positively impacts the ability to self-regulate and cope with stressful situations
- calms and improves positivity
- improves flexibility, strength and posture

OUR OFFER

A combination of the power of yoga and coaching in your office to



help your employees relax their bodies and minds in a group yoga session and



give your employees access to individual 1:1 empowerment coaching to help them increase their wellbeing and unstuck their potential.

It's a tailored program with individually defined number of coaching and yoga sessions.

Basic monthly onsite program package:

YOGA 2 x 50 minute group session

COACHING 2 x onsite 1:1 coaching blocks
(each includes 4 x 30 minute 1:1 coaching sessions)

TOTAL PRICE:

€1140* +VAT

The number of yoga and/or coaching can be increased on request (subject to availability)

*offer currently limited to Citywest and Saggart area, Co. Dublin, Ireland



WE ARE LOOKING FORWARD
TO WORKING WITH YOU!

Barbara & Paulina



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