

**Helping Organizations,  
Teams and Individuals  
Reach Peak Performance**



**STRATEGIC  
CONSULTING  
PARTNERS**

JAMA ENTERPRISES INC

**ORGANIZATIONAL HEALTH AND WELLNESS SERVICES CATALOG**

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## Organizational Health and Wellness Program

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Strategic Consulting Partners is committed to creating healthy workplaces in all forms because we are committed to people. We understand that investing in people and their mental and physical well-being both in and out of the workplace through comprehensive health and wellness programs has notable benefits in moving forward the mission of an organization.

Employee health and wellness programs can take many forms including programs for mindfulness, sound baths, meditation, movement practices, breathwork, community connection exercises, and emotional regulation practices. Sound frequency-oriented practices can be especially profound for over-stressed and over-stimulated employees. For example, recent studies suggest that certain sound frequencies can have positive effects on mental health by influencing electromagnetic activity within the brain. Studies show that auditory beat stimulation can help reduce anxiety by switching the brain into the Theta frequency range which can release endorphins that decrease blood pressure and heart rate and promote focus and creativity. Movement and emotional regulation practices that connect the mind and body through mindfulness (such as dance or other somatic-emotional practices) have been shown to decrease cortisol in the body, promote self-regulation from difficult emotions, and reduce chronic pain. Mindful breathing exercises can improve oxygen flow to the brain, aiding in mental clarity and cognitive function, and can help in managing anxiety symptoms, promoting a calmer and more focused mind.

These are just a few examples of the potential workplace benefits of investing in employee health and wellness programs:

### Improved Employee Well-Being

**Stress Reduction:** Mindfulness and wellness practices are proven to reduce stress levels, which can lead to lower absenteeism and reduced healthcare costs.

**Enhanced Mental Health:** Regular mindfulness and wellness practice can alleviate symptoms of anxiety and depression, contributing to a healthier, more resilient workforce.

**Improved Sleep:** Meditation, movement, and other stress-reducing wellness practices can improve sleep quality which can lead to increased alertness and productivity during work hours.

**Enhanced Emotional Resilience:** Regular mindfulness practice can help employees build resilience, making it easier to handle workplace challenges and changes.

### Increased Productivity

**Focus and Concentration:** Meditation and mindfulness practices enhance cognitive functions, leading to better focus and higher productivity.

**Creativity and Problem-Solving:** Mindfulness practices provide mental space for new ideas and perspectives and can stimulate creativity and enhance problem-solving skills, driving innovation.

### Reduced Healthcare Costs

**Preventative Health:** By reducing stress and improving overall health, mindfulness practices can decrease the frequency of illness and the associated medical costs.

**Chronic Condition Management:** Employees with chronic conditions may experience fewer symptoms and need less medical intervention.

### Enhanced Employee Engagement and Retention

**Better Work-Life Balance:** Encouraging mindful practices at work can help employees integrate these habits into their personal lives, promoting overall well-being and reducing burnout.

**Job Satisfaction:** Employees who feel supported in their well-being both in and out of work are more satisfied with their jobs, which in turn reduces turnover rates.

Organizational Health and Wellness Program offerings provided by SCP's qualified practitioners include but are not limited to:

## **Meditation & Mindfulness Practices:**

### **Mindfulness 101**

**Course duration:** 15 mins (conferences only), 30 mins, 1hr, or offered as an introduction session at a half-day or full-day retreat

**Course format:** Classroom ILT, Virtual ILT (virtual sessions limited to 1hr)

**Overview:** Our days are filled with the hustle and bustle of travel, back-to-back meetings, and overpacked schedules both at work and home, which can lead to employee disengagement and eventually burnout. This workshop will provide participants with an understanding of what mindfulness means and its beneficial effects on our central nervous system. Attendees will learn how to incorporate a manageable practice into one's everyday life. Through an interactive session designed to engage attendees at any level, we will explore the history, health benefits, and application of mindfulness with a micro assortment of mindfulness practices designed to inspire and equip attendees as they begin or reengage in their mindfulness journey.

#### **Key Takeaways:**

- Basic mindfulness practices
- Stress management
- Increased focus and concentration

- Creativity and problem-solving
- Increased mental agility

### **Sonic Serenity Sessions: Sound Bath**

**Course duration:** 15 mins (conferences only), 30 mins, 1hr, or offered as a session at a half-day or full-day retreat

**Course format:** Classroom ILT, Virtual ILT (virtual sessions limited to 1hr)

**Overview:** Participants will be immersed in a restorative sound-frequency experience coupled with a guided meditation practice utilizing 432-hertz sound frequencies, which studies have shown can release endorphins and decrease blood pressure and heart rate which can result in more focused, calm, and engaged employees. Participants are invited to drop into their inner world and destress from the hectic workday by participating in basic mindfulness techniques to help build emotional resilience and significantly enhance focus, concentration, creativity, and problem-solving.

In-person sessions may include pillows, blankets, yoga mats, and blindfolds.

*Accommodations and customization for all abilities and needs can be made to ensure each participant can engage comfortably and safely. Trauma-informed facilitators will be on-site for additional support.*

#### **Key Takeaways:**

- Basic mindfulness practices
- Stress management
- Increased focus and concentration
- Creativity and problem-solving
- Take-home exercises

### **Journey to Inner Peace: Guided Meditation**

**Course duration:** 15 mins (conferences only), 30 mins, 1hr, or offered as a session at a half-day or full-day retreat

**Course format:** Classroom ILT, Virtual ILT (virtual sessions limited to 1hr)

**Overview:** Studies have shown that regular meditation practice can alleviate symptoms of anxiety and depression, contributing to a healthier, more resilient workforce. Improved mental clarity and focus can lead to higher productivity and better performance. This guided meditation session includes a practice designed to help participants cultivate a sense of tranquility and balance within themselves and teaches basic meditation and mindfulness skills you can use in everyday life. Participants are invited to be in a comfortable seated position, either on a cushion or a chair, and provided with an optional blindfold, blanket, and aromatherapy (if desired) to help create a calm, safe environment on the journey inward. The session guides participants through breathwork, body scans, visualization, and relaxation, and culminates with a guided reentry to the day that can leave participants feeling more present, calm, focused, and engaged.

***Key Takeaways:***

- Basic mindfulness practices
- Stress management
- Increased focus and concentration
- Fostering creativity and problem-solving
- Increased mental agility
- Take-home exercises

## **Sowing Seeds of Mindfulness (or Mindful Creation)**

**Course duration:** 90 Minutes, or offered as a session at a half-day or full-day retreat

**Course format:** Classroom ILT

**Overview:** Fostering creativity in the workplace is essential for innovation, problem-solving, and maintaining a competitive edge. By implementing employee creativity projects, companies can unlock the full potential of their workforce leading to increased engagement, higher productivity, and significant business growth. For kinesthetic learners, working on a project can be a path to engaging in mindfulness practice. In this workshop, we will explore the basics of mindfulness through short exercises and put them into practice through a creative avenue by mindfully creating an arts and crafts project or planting a seed of mindful intention with pots, soil, and a piece of paper where participants will be encouraged to reflect on what they want to grow more in their lives. This activity will give participants an ongoing opportunity to bring mindfulness and focus, concentration, and creativity to everyday life tasks.

***Key Takeaways:***

- Basic mindfulness practices
- Increased focus and concentration
- Fostering creativity
- Take-home exercises

## **Mindful Movement Practices:**

### **Harmony in Motion: Mindful Dance & Movement**

**Course duration:** 15mins (conferences only), 30 mins, 1hr, or offered as a session at a half-day or full-day retreat

**Course format:** Classroom ILT, Virtual ILT (virtual sessions limited to 1hr)

**Overview:** Incorporating mindful movement exercises like dance into a workplace wellness program can significantly enhance employee well-being, productivity, and engagement. Movement helps increase blood flow, which can be particularly beneficial for those with sedentary jobs. Mindful movement exercises such as dance or mindful stretching are effective in reducing stress levels which help enhance mental clarity and concentration, leading to better productivity and job performance. In this mindful dance or movement practice for all ability levels (standing or sitting), we invite you to explore the

connection between body, mind, and spirit through movement. In this practice, we cultivate presence, awareness, and self-expression as we move in harmony with the music and with each other with gentle connection exercises. We start with setting an intention for our movement practice, becoming aware of the sensations in our body through mindfulness practices, and then expressing and moving emotions through our movement utilizing props such as shakers, scarves, or hand instruments, etc. We also incorporate and engage in group embodiment and connection exercises, and then close the practice with reflection and tips for how to bring this practice to your everyday life.

*Accommodations and customization for all abilities and needs can be made to ensure each participant can engage comfortably and safely. Trauma-informed facilitators will be on-site for additional support.*

**Key Takeaways:**

- Stress management
- Emotional regulation techniques
- Increased focus and awareness
- Fostering creativity
- Increased mental clarity and productivity
- Enhanced team morale
- Take-home exercises

## **Qigong Harmony: Gentle Stretching & Movement**

**Course duration:** 15mins (conferences only), 30 mins, 1hr, or offered as a session at a half-day or full-day retreat

**Course format:** Classroom ILT, Virtual ILT (virtual sessions limited to 1hr)

**Overview:** Regular mindful movement can help alleviate tension in muscles, which is often caused by prolonged sitting or repetitive tasks. Gentle mindful movements like Qigong can help combat fatigue and boost energy, making it easier to stay productive throughout the day. A 5,000-year-old mind-body practice from China, Qigong has been used by world champion athletes as a warm-up because it gives a dynamic stretch that utilizes joint and tissue flossing, lubes up the joints, gives you a full range of motion, and also concentrates the mind for razor-sharp focus. It exercises breath control which can reduce anxiety, hence, why the practice is frequently used before athletic competitions. This Qigong course starts with intention setting, slow, gentle movements (sitting or standing) synchronized with deep breathing and a meditative focus, and then channels that focus into mindful movement. This practice can help cultivate focused awareness, increase range of motion, and reduce restlessness and anxiety throughout the workday.

*Accommodations and customization for all abilities and needs can be made to ensure each participant can engage comfortably and safely. Trauma-informed facilitators will be on-site for additional support.*

**Key Takeaways:**

- Increased productivity
- Increased focus and awareness

- Fostering creativity and mental agility
- Stress management
- Emotional regulation techniques
- Take-home exercises

### **Soulful Stroll: Mindful Nature Walk**

**Course duration:** 30 mins, 1hr, or offered as a session at a half-day or full-day retreat

**Course format:** Classroom ILT only \*

Overview: Mindful movement practices such as mindful walking can enhance creativity by providing mental space for new ideas and perspectives. Group sessions of mindful movement can also build a sense of community and improve overall team morale. On this group-guided mindful nature walking meditation, we invite you to immerse yourself fully in the beauty and serenity of the natural world. In this practice, we will engage all our senses to deepen our connection with nature, quiet the mind, and nurture our sense of presence and gratitude. The course starts with intention-setting and breathing exercises as we immerse ourselves in mindful movement while strolling through nature and closes with gratitude and reflection practices.

*\* If necessary, participants will be taken to a secondary location away from the work site. Permit costs may be added if the practice is intended as one offering during a half-day or full-day retreat outdoors.*

#### **Key Takeaways:**

- Enhanced team morale
- Stress management
- Increased productivity
- Increased focus and awareness
- Fostering creativity and mental agility
- Take-home exercises

### **Gentle Mindful Movement Practice: Basics of Yoga or Chair Yoga**

**Course duration:** 1hr, 90 minutes, or offered as a session at a half-day or full-day retreat

**Course format:** Classroom ILT, Virtual ILT

**Overview:** Yoga, an ancient practice originating thousands of years ago in India, is designed to combine mental, emotional, and spiritual practices to enhance overall wellbeing. Yoga helps improve flexibility, strength, and posture, reducing the risk of injuries and chronic pain, particularly back and neck pain, which are common in office settings. Regular yoga practice reduces stress, anxiety, and depression. It promotes mental clarity and relaxation, contributing to overall emotional well-being. In this Yoga practice guided by a highly qualified Yoga Alliance Trauma-Informed Yoga Instructor, we will combine gentle movement, meditation, and breathing exercises to calm the nervous system, boost energy levels, reduce fatigue, and increase flexibility and strength. These offerings are provided both in-person and



virtually to support employees who work remotely or in hybrid models, ensuring access to wellness activities regardless of their location.

**Key Takeaways:**

- Basic mindfulness practices
- Stress management
- Emotional regulation techniques
- Increased focus and concentration
- Increased flexibility and strength
- Take-home exercises

**Emotional Regulation Practices:**

**Release & Renew: Emotional Freedom Technique (EFT) Tapping**

**Course duration:** 15mins (conferences only), 30 mins, 1hr, or offered as a session at a half-day or full-day retreat

**Course format:** Classroom ILT, Virtual ILT

**Overview:** Emotional Freedom Technique (EFT), also known as "tapping," combines gentle tapping on specific meridian points with focused attention on emotional experiences to create profound shifts in our energy system. EFT is a powerful method for releasing emotional blockages, reducing stress, and promoting a sense of inner peace and well-being. In this session, we will guide you through a series of body-tapping sequences to help you release negative emotions, restore balance, and learn emotional regulation techniques for activating times in life. This practice begins with setting an intention, centering the body through breath and gentle movement, and tapping points throughout the body while thinking of emotions or experiences you wish to release. In this mind-body-emotional connection exercise, participants can learn how to attune to their emotions and emotionally regulate with more ease. The session closes with an integration practice along with tips to bring this practice into your everyday life.

*Accommodations and customization for all abilities and needs can be made to ensure each participant can engage comfortably and safely. Trauma-informed facilitators will be on-site for additional support.*

**Key Takeaways:**

- Stress management
- Emotional regulation and resilience
- Increased mental agility
- Increased focus and concentration
- Take-home exercises

## Breath of Life: Mindful Breathing Exercises

**Course duration:** 15mins (conferences only), 30 mins, 1hr, or offered as a session at a half-day or full-day retreat

**Course format:** Classroom ILT, Virtual ILT

**Overview:** Our breath is one of the most accessible beneficial tools available to us to aid our body's natural healing abilities. The good news is that you don't need any special tools or background to access the healing benefits—you take your breath everywhere you go! Breathing exercises have numerous benefits, studies have shown mindful breathing exercises can lower cortisol levels, reduce stress, and stimulate the release of endorphins, improving overall mood and reducing feelings of depression. Mindful breathing exercises can also improve oxygen flow to the brain, aiding in mental clarity and cognitive function. In this session, we will explore various breathing techniques to help you harness the transformative power of your breath, including deep belly breathing, box breathing, alternate nostril breathing, and 4-7-8 breathing to release tension and cultivate a sense of inner peace and mindful awareness. We start by getting in a comfortable position, either seated or lying down. Pillows, blankets, and blindfolds will be provided to settle into a cozy space to connect with our minds and bodies. We close the practice with reflection and resources for bringing these practices to your everyday life.

*Accommodations and customizations for all abilities and needs can be made to ensure each participant can engage comfortably and safely. Trauma-informed facilitators will be on-site for offerings for additional support.*

### **Key Takeaways:**

- Basic mindfulness practices
- Stress management
- Emotional regulation techniques
- Increased focus and concentration
- Increased mental agility and creativity
- Take-home exercises

### **Connection Practices:**

## Heart-to-Heart: Authentic Relating

**Course duration:** 45 mins, 1hr, or offered as a session at a half-day or full-day retreat

**Course format:** Classroom ILT, Virtual ILT

**Overview:** Being able to connect with others and yourself through a lens of compassion and authenticity is a valuable skill and practice that many are missing in today's fast-paced and technology-driven world. This course focuses on enhancing emotional intelligence through the practice of Authentic Relating to shift our mindset from transactional communication to authenticity. Authentic relating is about showing up as ourselves, listening deeply, and honoring the unique experiences and perspectives of each individual. Participants will delve into the core aspects of empathy, including understanding and connecting with others on a deeper level, as well as cultivating self-empathy. By developing these skills,

attendees will improve their ability to communicate effectively and build stronger, more authentic relationships. In this session, we will create a safe space that allows participants to explore various exercises and practices to cultivate authenticity, vulnerability, and empathy in their interactions.

**Exercises may include:**

**Relational Games:** A set of activities or games designed to create an experience to dive deeper into a topic or concept to explore our perceptions and opinions and reflect and listen to others.

**Sharing Circles:** In smaller groups, we'll take turns sharing our thoughts, feelings, and experiences on a given topic while the rest of the group listens and uses active listening techniques to share the impact of what was heard.

**Empathy Circles:** Participants will share personal stories or experiences, and others will reflect back what they heard, validating and affirming the speaker's feelings and experiences.

*Accommodations and customization for all abilities and needs can be made to ensure each participant can engage comfortably and safely. Trauma-informed facilitators will be on-site for offerings for additional support.*

**Key Takeaways:**

- Enhanced team morale
- Team building
- Increased empathy and compassion
- Communication skills
- Fostering creativity
- Emotional wellness

## **Advanced Authentic Relating Courses (Heart to Heart: Authentic Relating Course Prerequisite)**

**\*\* Or Add-On to the Heart to Heart: Authentic Relating Course for a bundled rate \*\***

### **Feedback Capacity Building with Authentic Relating: Giving and Receiving**

**Course duration:** 45 mins, 1hr, or offered as a session at a half-day or full-day retreat

**Course format:** Classroom ILT, Virtual ILT

**Overview:** This course is designed to improve your ability to give and receive feedback through the lens of Authentic Relating. Participants will learn how to deliver feedback in a way that fosters growth and understanding while also becoming adept at receiving feedback with openness and grace. The course emphasizes creating a safe and constructive environment for feedback and enhancing personal and professional relationships.

## Creating Lasting Tools and Practices in Your Teams

**Course duration:** 45 mins, 1hr, or offered as a session at a half-day or full-day retreat

**Course format:** Classroom ILT, Virtual ILT

**Overview:** This course aims to equip teams with sustainable tools and practices derived from Authentic Relating principles to improve intra and interpersonal skills. Participants will learn techniques to enhance communication skills to foster a more compassionate, cohesive, and innovative team environment. The course covers practical methods such as regular check-ins and emotional hygiene practices to ensure that every team member feels heard, seen, and valued, leading to improved team dynamics and productivity.

### **Key Takeaways:**

- Enhanced team morale
- Communication skills
- Emotional resilience
- Take-home exercises

## Compassionate Connection: Non-Violent Communication

**Course duration:** 45 mins, 1hr, or offered as a session at a half-day or full-day retreat

**Course format:** Classroom ILT, Virtual ILT (virtual sessions limited to 1hr)

**Overview:** Today, many are stressed, anxious or pulled in too many directions which can lead to eruptions of emotion, unintended tone of voice, and inability to see value in others. Non-Violent Communication, developed by Marshall Rosenberg, is a powerful approach to communication and conflict resolution that emphasizes empathy, understanding, and connection. In this session, we will explore the principles and techniques of NVC to cultivate compassionate communication in our interactions with ourselves and others.

### **Exercises may include:**

**Reflective Listening:** Partners will take turns sharing their observations, feelings, needs, and requests while the other person listens attentively without interruption or judgment. Afterward, the listener will reflect back what they heard, focusing on understanding and empathy.

**Role-Playing:** Participants will have the opportunity to practice applying NVC principles in simulated scenarios, experimenting with different ways of expressing themselves and responding to others' needs and feelings.

**Empathy Circles:** Participants will share personal stories or experiences while others offer empathic listening and reflection, validating and affirming the speaker's feelings and needs.

*Accommodations and customization for all abilities and needs can be made to ensure each participant can engage comfortably and safely. Trauma-informed facilitators will be on-site for offerings for additional support.*

**Key Takeaways:**

- Communication skills
- Emotional intelligence
- Enhanced team morale
- Emotional regulation and resilience
- Take-home exercises

## **Serenity Sanctuary Spaces**

Enter the Serenity Sanctuary, a wellness advisor-curated low-stimulation space to escape into serenity throughout the workday (or for work conferences) with calming lights, peaceful music, soothing scents (if desired), elements of nature, and more. Wellness offerings may be provided in the space on a daily, weekly, or monthly basis or in rotating mini sessions (15 or 30-minutes) at a conference.

Trauma-informed facilitators will be on site for support during all organizational wellness offerings and serenity sanctuary spaces. Accommodations can be made to the exercises offered to ensure participants feel safe and free to participate comfortably at all ability levels. Accommodations could include sitting, standing, journaling, drawing, visualization, and storytelling to allow for freedom of expression and various learning and engagement styles. Journals, pillows, blankets, blindfolds, yoga mats, and other materials will be provided for an additional fee.

Session customization is available to meet your specific needs and audience. All sessions can be offered a la carte or in a series. Sessions can increase in complexity as participants engage and build skill levels through ongoing practice.

**These sessions may be offered together or separately in the following formats, in-person and virtually:**

- Micro-sessions: 45mins – 1 hour
  - Multiple micro sessions may happen concurrently with the use of wireless headphones.
  - Mini offerings (15-30 mins) are available for attendees to get a sampling of the practices and offerings within half or full-day retreat or conferences through a Serenity Sanctuary Space hosted by Strategic Consulting Partners Mindfulness & Wellness.
- 90 mins – 2 hours
- Half-Day Retreats
- Full-Day Retreats

Course customization is available based on the client's unique needs.

**Package #1 - Mindfulness Meditation (6 months)**

*Mindfulness 101 + Journey to Inner Peace Meditation + Walking Meditation + Sowing Seeds of Mindfulness + Breath of Life*

**Package #2 - Mindfully Healthy (6 months)**

*Mindfulness 101 + Walking Meditation + Healthy Habits + EFT Tapping + Mindful Movement + Breath of Life*

**Package #3 - Mindful Movement (6 months)**

*Mindfulness 101 + Walking Meditation + Mindful Movement + Yoga/Chair Yoga + EFT Tapping + Qigong*

**Package #4 - Healing with Sound (3 months)**

*Mindfulness 101 + Sound Bath + Journey to Inner Peace Meditation*

**OR**

**3 months of Mindfulness**

Includes Mindfulness 101 + 2 additional workshops + weekly virtual meditation/movement class

**6 months of Mindfulness**

Includes Mindfulness 101 + 5 additional workshops + weekly virtual meditation/movement class

**12 months of Mindfulness**

Includes Mindfulness 101 + 10 additional workshops + weekly virtual meditation/movement class + celebratory picnic/mindful movement dance party

Contact our Wellness Advisor, Ariel, for more information about creating a wellness program for your organization! [ariel@yourstrategicconsultant.com](mailto:ariel@yourstrategicconsultant.com)

**Sources:**

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