

# Wellness Workshops for Moms and Women

## Why Mindset Wellness Matters

Your team is capable of incredible results, but stress, burnout and workplace pressures can hold them back. When work and life fall out of balance, energy drains, creativity fades, and productivity and morale suffer.



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## Burnout, Disengagement & Mental Load are Draining Productivity & Profit

Through interactive mindset workshops and exercises, your team will gain the tools to reduce stress, boost productivity, improve work-life balance, and prevent burnout.

## What Makes My Workshops Different

- Science-backed method – quick, practical, proven.
- Superconscious Recode technique – releases limiting beliefs that block success at work and in life.
- 30–60 minute sessions – virtual, fun, and interactive.
- Led by a woman and mom of teens – relatable and real.

## BOOK YOUR PILOT TODAY

**One FREE introductory workshop** for HR, DEI, and wellness leaders and teams to experience this revolutionary, science-backed method.

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