

# The ROI of Mindset Wellness Workshops

## Why Mindset Wellness Matters

The wellness economy is expanding rapidly, proving that corporate wellness isn't optional—it's strategic.

- The global wellness economy hit \$6.3T in 2023, forecasted to reach \$9T by 2028.
- Organizations investing in employee wellbeing see stronger retention and productivity.



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Workshop Facilitator

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

## What Makes My Workshops Different

- Science-backed method – quick, practical, proven.
- Superconscious Recode – releases limiting beliefs that block success at work and in life.
- 30–60 min sessions – virtual, fun, and interactive.
- Human-first delivery – 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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