

EMPOWERED WORKPLACES

SELF-CARE TO BUILD EMPLOYEE
WELLNESS & RESILIENCE

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Equipping employees for productivity

In today's workplace, employees face an overwhelming amount of stress, which takes a toll on their physical and mental well-being. To ensure that employees thrive in their roles, contribute meaningfully to your company's goals, and possess the resilience to drive innovation, it's imperative to provide them with accessible tools for stress management and healthy living. Explore our diverse range of wellness workshop offerings designed to support employees holistically, enhancing their overall well-being, boosting performance, alleviating stress and anxiety, mitigating health issues, and fostering productivity and engagement in the workplace.

Employee Wellness Workshop Topics

Pillars of Wellness

Introduction to the 3 Pillars of Wellness with actionable strategies for the 6 Wellness Principles (6 Ms): Maker, Mindfulness, Metabolic Flexibility, Mouth, Membership, & Movement.

Stress Less Routine

Guided breathwork and/or gentle yoga routine to create a feeling of calm and peace. Can include a handout of the routine for future use. *Other yoga routines available upon request.*

Fueled & Fit

How to fuel your day with balanced meals and simple fitness principles for everyone. Can include movement activities. Recipes included!

Fasting & Focused

Intermittent fasting is popular, but few have the foundational understanding of how to safely & effectively fast.

Goals that Stick

What do I really want to accomplish this quarter? This year? How to create goals you want to achieve and powerfully actionize them.

Anxiety Busters

Simple emotional and nutritional techniques to banish negative thoughts, reduce fears and overwhelm, and become more positive and calm.

Stress Less

Simple view of stress and how it affects the mind and body and quick, effective ways to reduce stress' impact.

Pitch Day Zen

Simple, effective techniques to reduce anxiety leading up to and the day of the big pitch or presentation.

Snack Yourself Smart

Ditch being hangry and braindead, and learn when, how, and what to eat to fuel your day with balanced meals and snacks. Recipes included!

Team Connectedness

Managers and team leaders, enhance team dynamics by fostering a more positive, psychologically safe environment, encouraging and enhancing team dynamics and identifying and building upon individual strengths.

CERTIFICATIONS

- Functional Nutritional Therapy Practitioner
- 500hr Certified Yoga Teacher
- Science of Stretching Coach

EDUCATION

- Masters of Integrated Curriculum and Instruction, Covenant College
- Bachelors of Education & Writing, Heidelberg University



Nourishing Roots: Mind, Body, Spirit, Inc. is a 501(c)(3) organization. Learn more about us at NourishingRootsMindBodySpirit.com