



**Alexa leads experiences and conversations for teams looking to connect in a different way, learn a new perspective, feel heard and be inspired to integrate new findings into their work and home life.**

A 75 minute session will be provided to teams of 20 or less.

The Lunch & Learn session is \$1000.

*Can be hosted virtually or in-person, if located in the lower CT/NY area.*



# LUNCH & LEARN

*with Alexa Oliveri*

## Topics To Choose From:

- Happiness In The Workplace
- Embracing Your Leadership Style
- Discover A Healthy Work/Life Balance
- Learn How to Breathe
- Finding Comfort Amidst Change
- Create Your Ideal Vision of Work/Life

## Benefits of Lunch & Learns:

- Improved Employee Retention
- Validation of Team Members
- Enhanced Leadership Skills
- Bringing the Sentiment of Work/Life Balance To Life
- Team Unity
- Creativity & Innovation In the Workplace

