



WORKPLACE WELLNESS &

SUCCESS

with Alexa Oliveri

awaken success | embody leadership | shine in the work

MEET ALEXA



Alexa has over a decade's worth of experience in corporate business, leadership, community building, coaching, intuitive living and authentic relationship creating. She led a multi-million dollar business and its people through evolution and transformation.

The world needs you and your work to shine even brighter. It is calling for you and your team's unique talents and gifts to be expressed; in a deeper and more meaningful way.

It is time to SHINE!

Through working with Alexa; the workplace will be less stressful, more supportive, invigorated and inclusive.

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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.

In order to achieve wellness, balance and happiness in the workplace...

TEAM WELLNESS RETREAT DAY™

with Alexa Oliveri

A Team Wellness Retreat Day is an opportunity to be completely removed from the “normal” day to day.

To be immersed in new surroundings and a fresh environment.

THE TEAM WILL EXPERIENCE:

Relaxation - techniques will be given to bring the art of relaxation into the workplace; during and after the retreat day

Unity - a safe space is created to work through conflict, to respect one another and recognize the gifts that each person brings forth; which contributes to the overall health/mission of the team and organization.

Trust - Greater trust found within the organization providing employees a work/life balance to enhance health and wellbeing.

Creativity - Through the various offerings, the team members will tap into their inner creativity and innovation; which will be brought into their roles in the workplace.

Connection - Deepening relationships with team members and leadership. Know one another on a personal level and see how that will positively impact the working space.

Explore - Encounter new practices, teachings and ways of working/being. This new experience will have an impact during the weeks and months to follow. It will be the catalyst to bring growth, fresh ideas and new revenue generating techniques into the workplace.



Alexa is the Wellness Retreat Leader. She is the Point of Contact during the planning phase, day of event and follow-up of event. Additional trained practitioners will provide the services listed below on the retreat day.

ALA CARTE OFFERINGS:

- Movement Through Yoga
- Tap into Creativity Through Art
- We Are All Making Music Together - Drumming Class
- See Nature As a Reflection - Nature Walks
- Let Go Of Technology - New Ideas Through Pen & Paper Journaling
- Remove Stress - Energy Healing For All
- Journey Through Imagination - Meditation and Breath Work Offering

TEAM WELLNESS RETREAT DAY™

with Alexa Oliveri

Each Team Wellness Retreat Day is customized to the organizations needs. Alexa will guide the entire experience, along with other trained practitioners.

Pre-Event: Alexa will curate the wellness retreat with your companies' needs and wants.

During Event: Alexa will be there to guide and ensure all is moving in a positive and effective direction for the team.

Post Event: A one hour recap meeting dedicated to learning about the impact from the retreat, what's being integrated into the office and productivity space, how has leadership expanded/gained clarity, etc. There will also be an opportunity to plan for next wellness day.

Recommended - (1) wellness day per quarter, or (2) semi-annually. Price reductions offered if signed up in advance.

The cost for the retreat day is:

\$10,650 for teams of 11-20

\$8,000 for teams of 5-10.

***The cost of the chosen retreat venue and the food are not included - Coordinated by Alexa and her team; a total bill will be provided prior to the wellness day.*

**** If feasible, the retreat can be held at your office. Props will be brought into enhance the space*

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SAMPLE SCHEDULE

9:00AM - 4:30PM (7.5hrs)

9:00 AM-11:00 AM:

Welcome Circle/Light Breakfast

10:00 - 11:00AM:

Nature Walk & Exploration

11:30AM - 12:30PM :

Energy Reiki Healing

12:30 - 1:30:

Quiet/Reflection Time & Lunch

1:30PM - 2:30PM:

Art to Unleash Your Creativity

2:30PM - 3:15PM:

Restorative Yoga

3:15PM - 4:15PM:

Group Share/Day Reflection/Closing Circle

EXECUTIVE LEADERSHIP COACHING

with Alexa Oliveri

For those who have achieved success and are seeking something more.

The role of leader is incredibly rewarding and impactful. However, it can also be lonely, stressful and inundating.

Through Alexa's executive leadership coaching, you will gain:

- A guide and confidant
- Elevation- remove yourself from the day to day for an aerial view; see the greater picture and create a course of action.
- Inspiration & passion to infuse into your productivity & results driven mind.
- Relaxation, a deep breath and the space to feel clarity and peace.
- Balance - your work affects your home, your home affects your work now more than ever
- Intuition - discover what it means to know your inner knowing.
- Increased productivity and results through innovated mindset training.

Let's shine light on all of it.

Benefits of Executive Coaching:

- New found perspectives
- A balance in health & wellness
- Enhanced workplace culture & community
- Rewarding relationships with all company stakeholders
- A fresh approach to success
- A purpose based mission for yourself & the company
- Greater communication skills

3 (50) min 1:1 virtual or in-person meetings per month

1-2 leaders - \$320 per person/session


3-6 leaders - \$265 per person/session

Recommended: 6 month commitment to fully immerse in the coaching and implement the expansions and perspective shifts



THE EXPERIENCE™

with Alexa Oliveri



Where teams emerge
clearer, happier and
ready to achieve goals.

**For organizations to provide
a space to bring wellness &
purpose into the workplace.**

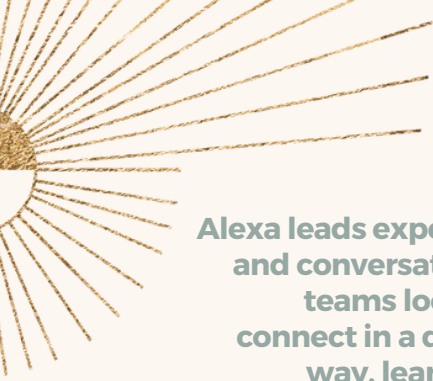
**Let go of stressors in and
outside of work, gain greater
clarity, understand and
expand impact and feel
connected & appreciated.**

*Through the art of pen to paper;
you will be guided through
intuitive questioning to evoke
greater individual & team clarity.*

*Through the use of candles, incense &
other props; your space will be
elevated and transformed into a
relaxing haven. Hand curated
journals & pens will be provided to
each attendee.*

For Teams of up to 20
90 minute experience
\$1,600





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

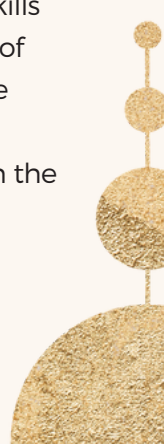
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Topics To Choose From:

- 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



**EMBRACE
TRANSITION.
LIVE AND WORK
HAPPIER.
WELCOME
ABUNDANCE.**

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