

# CORPORATE WELLNESS

OPTIMIZING HUMAN POTENTIAL THROUGH MINDFUL LIVING



MINDFULNESS  
STRESS MANAGEMENT  
WELLNESS EDUCATION  
NATURAL APPROACHES  
HUMAN DEVELOPMENT

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## PURPOSE:

To BOOST PROFITABILITY in the workplace

by promoting MINDFULNESS, WELL-BEING, ACCOUNTABILITY AND STRESS MANAGEMENT

IMPROVE PROFIT MARGINS, PRODUCTIVITY, RETENTION RATIOS, MORALE, LOYALTY, HAPPINESS & INTEGRAL HEALTH



Our Better Humans workshops empower employees with strategic business and wellness-based tools to efficiently perform in the workplace, while staying ethically engaged, motivated, productive, and healthy.

# MAIN TAKE-AWAYS

## PARTICIPANTS WILL LEARN:

- ✓ To prevent performance declines and burnouts
- ✓ How food choices and personal habits impact overall well-being, mental clarity, performance, enthusiasm and general health
- ✓ To develop emotional adaptability, self-accountability & responsibility of thought, speech and action
- ✓ How to guide the MIND-BODY connection to manifests success, longevity and integral balance
- ✓ To cope with change, demanding schedules and difficult personalities
- ✓ Methods to harness the diverse strengths and skills found within each team member
- ✓ To empower leaders to be more effective and intuitive in evolving socio-economic, inter-cultural and intergenerational environments



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# “UN-HEALTHINESS” HAS A HIGH PRICE-TAG & COUNTING CALORIES AIN'T FUN!

Too many of the famous mainstream health-awareness programs are a waste of time & money! They lack practical tools, they feel like another chore, they aren't fun, & add anxiety to an already stressed employee!



\$300 BILLION

IS THE ANNUAL COST TO EMPLOYERS  
CAUSED BY STRESS RELATED HEALTH  
CARE AND MISSED WORK.  
(NOT ACCOUNTING FOR ERRORS LINKED  
TO DISTRACTIONS & LACK OF  
PRODUCTIVITY IMPACTING BOTTOM  
LINES)



# THE SOLUTION:

SIMPLE & EMPOWERING EXPERIENTIAL EDUCATION!

Integral wellness seminars are step #1  
in the foundation of sustainable success!




Education ensures your workforce is mentally and physically ready to listen, think and perform!

A healthy human body is capable of accomplishing extraordinary tasks if the mind is determined, clear and focused. Acknowledge and invest in the immeasurable potential of the human body and mind. Develop the hibernating wells of potentiality available within EACH of your employees. Employees are proven to perform better when they are happy and healthy.

Leading corporations understand that employee needs have evolved, organizational frameworks for success have changed and their leaders are willing to adapt their cultures to foster positive work environments.





 Our unique approach to human excellence and well-being, extends far beyond the overrated topics of health awareness seminars, boring calorie counting, short-lived fitness challenges, isolated exercise monitoring and out-dated communication-focused team building workshops. *Coaching sustainable lifestyle management is our strength!*





Erika Ramelli  
International  
Wellness Consultant &  
Author

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**I believe**

it is the employee's responsibility to get to work motivated, rested, healthy and ready, and, it is the employer's responsibility to provide an environment conducive to such expectation. Our programs coach both parties on how to organically get there!”



# OUR PROGRAM

## BECOMING BETTER HUMANS AN 8 WEEK JOURNEY TO SELF-MASTERY



### 8 WEEKS TO SELF-MASTERY

Achieve *Human Capital Optimization* through a transforming approach to integrated lifestyle, professional performance and personal wellness.

**Work-Life-Mind-Body Balance, Accountability and Stress Management for executives.**

WORKBOOKS INCLUDED!

### 20 HERBS & SPICES FOR OPTIMAL HEALTH AND LONGEVITY

Wisdom for busy urban lifestyles!  
Simple Botanical tips to help you manage life's stressors.

- Reduce stress & inflammation!
- Improve sleep, digestion & immunity!
- Regulate hormones & balance mood!

✓ BONUS



### 12 KEY HABITS TO GREATNESS

Struggling to achieve an integrated lifestyle?

Learn powerful mindset boosting secrets & divorce yourself from obsolete beliefs, habits, places & relationships hindering your health, success and absolute abundance.

✓ BONUS

### THE 6 A'S MINDFUL EQUATION OF ACCOUNTABILITY

Attitude + Acceptance + Authenticity  
+ Adaptability - (Attachment) =  
Alignment



✓ BONUS





BETTER HUMANS

# NEXT-STEP

Contact us to customize the perfect executive wellness program for your organization!

- Worldwide
- English
- Spanish

**1-800 775 0974**

[programs@betterhumans.net](mailto:programs@betterhumans.net)

