



Workplace Wellness



Providing employees with mental wellness support results in them being less stressed, more engaged and feeling valued. Teams communicate more effectively, producing better work individually and collaboratively. Reduced employee burnout means fewer sick days, and less employee churn. It's a win-win.

We offer a range of mental wellness workshops with **Licensed Therapists** and **Certified Holistic Life Coaches**. We teach employees how to identify their specific stress triggers and equip them with tools to minimize their stress, so they can operate from a place of calm and balance, thus creating more happiness and efficiency at work. We look at our clients holistically, to help them make small, manageable changes that will have a major impact.

PREVIOUS CLIENTS INCLUDE



“The Happy Hour, with its bright, calm and airy studio, was a great place to host our team offsite. The facilitated team workshop was a good change from the typical team gathering, was a lot of fun and we learned about each other and ourselves in ways we didn't think we would. The Happy Hour team was organized, detailed, and thoughtful, and we look forward to doing more team engagement sessions with them.”

— ASURION

WHAT MAKES THE HAPPY HOUR DIFFERENT?

Our facilitators are highly qualified and effective educators who approach workplace wellness holistically and teach tools that will serve your team long after the workshop. We don't believe in one-size-fits-all workshops, so no two workshops are ever the same. Our highly customizable workshops allow for us to create a unique experience that caters specifically to your needs and your team. We can host you in our bright and airy studio, come to your office, or even host virtually. This flexibility allows us to successfully meet your needs no matter where your team is located, how it is structured, and whether you require a stand-alone workshop, or if you're investing in a progressive series.

WELLNESS WORKSHOPS

Not just another seminar, our modern approach to wellness will equip your team with proven tools and strategies, empowering them to develop and maintain their mental wellness in the workplace. We'll teach your team how to identify emotional triggers and approach them with tools to minimize stress. Our skilled facilitators can help team members improve self awareness, emotional intelligence, and communication, empowering them to operate confidently from a place of balance. Our approach encourages individuals to make small, manageable changes that will have a major impact.

You can choose from our existing workshops or we can highly customize these workshops to suit your business needs.

MEDITATION + MINDFULNESS SESSION

This deeply relaxing experience promotes stress relief by creating space for a deep breath amidst a busy day. An instructor from The Happy Hour will guide participants in a reflective practice that can help to improve awareness and presence. Guests will be guided through a meditation, followed by time for reflection and journaling around the experience.

CUSTOM TEAM ENGAGEMENT

A practitioner from The Happy Hour will facilitate a thoughtful discussion, providing team members an opportunity to understand who they are working with on a deeper level, and how to work best with them. Creating this type of team engagement helps to foster a work culture that operates from a place of trust, support and mutual respect. Understanding what makes your teammates tick develops empathy for each other and highly effective communication. Forget axe throwing and escape rooms, our elevated team sessions are created around your team's interests and unique personalities. Yes, charcuterie and wine can be used to learn more about your team members.

You can choose from our existing workshops or we can highly customize a workshop to suit your business needs.

SPACE RENTAL

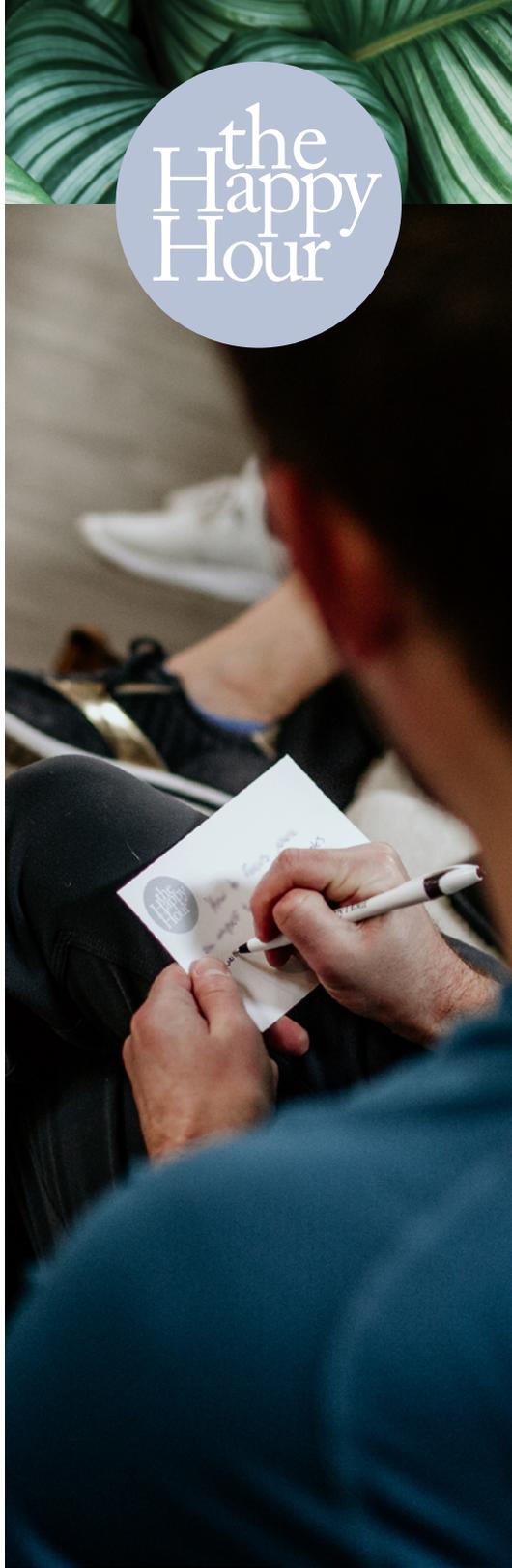
Our space is thoughtfully designed to appeal the to five senses, helping you to disconnect from the weight of your day-to-day and become present.

We can host your workshop or wellness event in our beautiful, highly functional space that caters to up to 40 people, with 6 rooms for small group breakout sessions.

CONTACT US

Reach out to create a customized program to give your employees meaningful support that prioritizes their mental wellbeing, while benefiting your business through improved employee engagement, performance, and retention.

Clara@TheHappyHourNash.com



the
Happy
Hour