

Workplace Wellness

The American workplace is facing a serious burnout issue. Recent studies report that 59% of American workers are experiencing at least moderate levels of burnout. Burnout causes individuals to feel exhausted, lose motivation, and ultimately feel so disengaged that they are highly likely to quit.

What does it cost you? On average, the cost of replacing an individual employee can range from six to nine months of their annual salary. How can you combat this? By investing in your team and the workplace culture. This forward-thinking investment allows for your leadership team to create a work environment that emphasizes employee mental wellness.

“We hear every day from candidates looking for a company culture that fits with their core values. Strong leadership, open communication, work-life balance, and career development are only going to become more important for attraction and retention.”

— DAN RODRIGUEZ, CEO HAYS GLOBAL RECRUITMENT FIRM

We offer a range of mental wellness workshops with **Licensed Therapists** and **Certified Life Coaches** to help you invest in your employees. We teach your team 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 effectiveness at work. We look at our clients holistically, to help them make small, manageable changes that will have a major impact.

PREVIOUS CLIENTS INCLUDE

Google JUMPCREW



Cheekwood
ESTATE & GARDENS

Frit Art
Museum

PFEFFER TORODE

asurion

“Our team has put a concentrated effort in investing back into our employees’ well-being. The Happy Hour partnered with our agency to offer a mindfulness workshop, which taught our team ways to find balance in times of stress and provided us with a toolkit of activities to bring mindfulness in our lives. The team at The Happy Hour is friendly, professional, and I highly recommend incorporating their corporate programming into any company’s wellness program.”

— SPEAK CREATIVE

WHAT MAKES THE HAPPY HOUR DIFFERENT?

Our facilitators are highly qualified and effective educators who teach approachable wellness tools and practices that will serve your team long after the workshop. Our customizable workshops allow for us to create a unique experience that caters specifically to your team’s needs. 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 goals no matter the location or structure of your team. We offer both stand-alone workshops and progressive wellness series.

WORKPLACE WELLNESS

Sessions that equip team members with applicable strategies and tools to form evidence-based mental wellness practices. Choose from our extensive list of topics or we will work with you to create a highly customized session.

- Stress Reduction, Burnout, Emotional Intelligence, Customer Relations, Boundaries and Processing.
- Single or quarterly sessions.
- Utilization of actual case studies from your company.
- Complimentary handouts/worksheets.
- Didactic, with opportunity for self reflection and open sharing.

SOUND HEALING

A meditative, multisensory experience in which participants are bathed in the vibration of various instruments.

- Relaxation of the nervous system.
- Reduces stress.
- Promotes creativity, insight, learning, and memory.
- Most requested offering.

MEDITATION AND MINDFULNESS

Learn the practices to relate to others and one's self with kindness, acceptance and compassion.

- Impacts objectivity and tolerance. Enhances flexibility, and equanimity.
- Learn the skills of responding vs. reacting.
- Assists with stress management.

EXECUTIVE/LEADERSHIP WORKSHOPS

When you have the roadmap to determine and implement the pace, culture, and goals of the workplace, you can effectively change how work is viewed, approached, and accomplished.

- Focus on long term success.
- Set meaningful intentions with approachable follow up.
- Foster buy-in, promote personal development, and encourage a growth mindset.
- Create environments in which employees can thrive.
- Learn empathic communication and active listening.
- Combat burnout and reduce employee turnover.

SPACE RENTAL

Host your next team engagement at our modern wellness studio.

- Open and bright space designed for inspiration.
- Transformable room to meet the needs of your engagement.
- Perfect for holiday parties.
- White board wall, refreshments, high speed internet access, and remote connection.
- Private breakout rooms.

SPEAKING ENGAGEMENTS

Our speakers engage through authentic sharing, evidenced based tools, and down-to-earth approachability.

- Helps your team to see themselves in the journey of growth and development.
- Inspires and promotes conversation

CONTACT US

Reach out to create a customized program to give your employees. We look forward to working with you.

Claire@TheHappyHourNash.com