

Workplace Wellness

Workshops & Speaking Events for Dynamic Companies



www.loyowellness.com

Top Workplace Wellness Challenges

Through our consulting audits, wellness program development and our personalized core wellness programs, we address the top challenges (and more) that companies are facing when it comes to implementing a successful and sustainable workplace wellness program.

WORK-LIFE BALANCE

- Time management
- Decluttering
- Procrastination
- Unplugging from technology
- Resiliency

STRESS & MENTAL HEALTH

- Meditation & Breathing
- Stretching & Relaxation
- Mindfulness
- Self Care
- Sleep optimization

NUTRITION

- Eating for Busy Professionals
- Assumptions about Dieting
- Conquering Sugar Cravings
- Boosting Immune Function
- Improving Natural Energy

Do Wellness Programs Work?

The Statistics:



28%

Reduction in Absenteeism & Sick Leave

26%

Reduction in Healthcare Costs

30%

Reduction in workers' comp and disability costs

\$3 - \$15

Health care savings for each dollar invested in a wellness program, with savings realized within 12 to 18 months of the program

\$700

Average company savings per year per employee in companies who implemented wellness programs

More proven benefits:

- Increased employee productivity
- Improved employee satisfaction
- Higher retention & less turnover
- Enhanced company culture & office morale
- Improved creativity and engagement
- Easier recruiting & attracting top talent
- Reduced health risks & chronic disease
- Increased energy & reduced stress

*Data sources: American Heart Association, Rand Report, article linking to other research sources

LoYo Wellness Offerings

Wellness Consulting

Wellness Audit

We will conduct a thorough audit of your company's current wellness status through assessments, interviews, walking the offices, conducting focus groups, surveying employees, reviewing documents, and analyzing data. We will identify critical weaknesses and challenges and offer strategies and recommendations. We will then offer a proposal to work together to develop or improve your wellness program.

Wellness Program Development and Implementation

We help you implement our strategies and solutions by assisting you in the ongoing development of your wellness program, or by offering periodic strategy sessions for ongoing advice while you build your own wellness program.

We will provide you with actionable next steps, which may include:

- LoYo Wellness educational workshops/webinars
- LoYo Wellness 1-1 or group employee coaching
- Kitchen/breakroom revamps and strategies
- Employee engagement challenges
- Connections or contracts with appropriate wellness professionals (eg. fitness) to offer specific services not provided directly by LoYo Wellness.

Wellness Workshops

Wellness Workshops are interactive, informative and fun to facilitate active learning and to inspire healthy and happy living.

Workshops are 1 hour including 5-10 minutes for Q&A.

We will provide relevant handouts and keep employees engaged and participating.

Employees will leave the workshops with real-life actionable steps that they can start using immediately, as well as have access to Jessica for follow-up questions and support.

Workshops can be customized for your company and team. Topics are listed below. Please inquire if there is a topic not listed that you are interested in.

* Remote Zoom webinars available for all workshops

Lunch & Learns
Conferences
Retreats
Keynotes
Onboarding



Wellness Workshop Topics

WORK- LIFE BALANCE

- **Time Management:** Time efficiency, procrastination, unplugging from technology
- **Get Organized** - Decluttering and enhancing efficiency & productivity at work & home
- **Be Positive** - Changing your mindset, instilling happier, healthier lifestyles.
- **Improving Resiliency** - Adaptability in an ever-changing workplace with actionable strategies and techniques
- **A Good Night's Sleep** - Improving natural energy with tools and techniques for a better night's sleep
- **New Year, New You:** Setting and achieving manageable goals and intentions

NUTRITION

- **Why Diets Don't Work:** How to eat cleaner and live a healthier life without restrictions
- **Letting go of a Dieting Mindset:** How to shift away from dieting and implement intuitive eating skills
- **Metabolism Master:** Boost your metabolism without will power or restrictive dieting
- **Eating for Energy:** Fuel your day with the right food and mindset
- **Kick Your Sugar Habit for Good:** Curb sugar cravings, learn hidden sources of sugar, understand our relationship with sugar
- **Healthy Holidays:** How to be, feel, and live healthier and happier during the holiday season
- **Detoxing 101:** What is a "cleanse" or "detox"? Understand toxins and the benefits, tips, and myths of detoxing.
- **Smoothie Demo:** Healthy smoothie samples & nutrition talk
- **Women's Health:** Empower your inner woman with vibrant health and female-specific health needs and goals
- **Men's Health:** Tips for men to take control of their health and lives

STRESS, MENTAL HEALTH

- **Managing Stress in the Workplace:** Acquire resiliency and reduce stress at work
- **Stress Buster:** Understanding your stress triggers, stress alleviation tools (includes meditation)
- **Meditation Series** - 6 half-hour sessions of different meditation practices and benefits
- **Heal Your Mind & Body:** Guided stretching & relaxation breathing techniques
- **Mindfulness** - What is mindfulness and how to achieve inner peace, positivity and a happier life
- **Preventing & Overcoming Burnout** - Understand solutions for burnout, includes self-assessment, lifting mental spirits
- **Mental Health in the Workplace** - Understanding anxiety, burnout and substance abuse in the workplace
- **Emotional Eating Mastery** - conquer emotional eating, binge eating and understand emotional connection to food
- **Inner Archetypes that Affect Our Eating Behaviors** - how our personalities and emotions affect our eating

FAMILY & CHILDREN WELLNESS

- **Family Wellness:** Healthy living for busy families and healthier, happier kids
- **Healthy Kids:** Age-specific workshops for children to learn about healthier eating
- **Children and Stress:** Triggers and tips for parents to reduce childhood and teenage stress
- **The 4th Trimester:** Nutrition guidance for pregnant & postpartum women, self care tips for new moms

Employee Coaching Days

1-1 Coaching

Employee Coaching Days include 4-7 hours of back-to-back individual 20-minute coaching sessions. Participating employees experience a 20-minute private wellness coaching session with a Holistic Nutritionist or Certified Health Coach. Employees will work to achieve wellness goals such as weight loss, improved energy, better sleep, and reducing stress. At the end of every coaching session, each employee will receive action steps to assist them to reach their goals.

Participants sign up anonymously through our online calendar and sessions are 100% confidential.

*NOTE: Coaching Days can be combined with a Wellness Workshop for a full Wellness Day

Group Coaching

Employees will participate in a regular group coaching session (45 min) either in person or via video meeting. We will work to achieve members' individual wellness goals, while also having the unique setting of a confidential, supportive accountability group. Group coaching pricing varies based on number of participants.

*DIGITAL OFFERINGS FOR ALL COACHING SERVICES ARE AVAILABLE ONLINE VIA ZOOM VIDEO OR PHONE.

Testimonials

What I like best about working with Jessica is her knowledge on different wellness topics and her creativity when presenting different topics to employees. Our employees love her positive attitude and her expertise in wellness. At the end of each wellness session, they leave with a takeaway to incorporate better and healthier choices in their day to day lives. - Krishna, Human Resources Director, Trans Re

Jessica was very responsive, fast with follow ups and providing great topics for our employees. - Human Resources, William Grant & Sons

Jessica was confident, friendly and informative. She was fun and presented the topic well. She is very upbeat and approachable. - Employee, insurance industry

I loved that Jessica used audience participation for real-life applications. Excellent and accessible presentation! Perfect pace with high level theme and details. Awesome energy! Thank you! - Employee, Trans Re

Thanks Jessica for sharing your knowledge, expertise and enthusiasm! The presentation was very inspiring with great ideas to take away. - Employee

I enjoyed the practical advice and the tangible suggestions of. Jessica was very clear and easy to follow. - Employee, New York Institute of Technology.

Jessica presented on Mindfulness. She was extremely easy to listen too... upbeat when need be and then quiet and calming also. - Kathy G., Cardtronics.

Jessica was was amazing. She asked engaging questions and encouraged all of us to participate. - Janet V., Cardtronics.



Basic Pricing

*customization available upon request

Employee Coaching Days

\$300 per hour for 1-1*
choose 4-7 hours

\$1,500 1 live workshop* +
4 hour coaching day*

*group coaching rates available upon request
*online webinar rate also available

Wellness Workshops

\$500 per live workshop

\$325 per online webinar

Packages available

Audit & Consulting

\$175 per hour

About LoYo Wellness

The CEO and Founder of LoYo Wellness, Jessica Kishpaugh, is a former litigation attorney, having practiced law for 11 years until she transitioned into the field of health and wellness. She understands the many challenges that employees face when it comes to health and wellness, particularly unhealthy nutrition, stress or burnout, mental health, poor sleep and inability to achieve work-life balance.

LoYo Wellness combines the best of wellness expertise and consulting services to provide companies and law firms with the most comprehensive and individualized strategies for implementing or improving their workplace wellness programs.

LoYo Wellness works with organizations to help employees become healthier and happier at work, while also helping companies increase their productivity and profitability and reduce their costs.

Jessica Kishpaugh is certified as a Holistic Nutritionist and Nutrition Psychology Counselor. She specializes in Intuitive Eating and Mindfulness Stress Reduction.

Jessica's energy is vibrant, well-spoken and engaging. She has over 15 years of experience in public speaking. In all of her wellness programs, she will excite your employees with interactive activities, real-life tips, a little humor and actionable steps they can take immediately.

What's next?

Send us an email for a free consult
to
jessica@loyowellness.com

