

**MINDFULNESS  
IN THE  
WOKRPLACE**

# **Workplace Wellness Team Building Event**



**JR LLC**

[www.jennaramsey.com](http://www.jennaramsey.com)





# OUTLINE

- ABOUT JENNA RAMSEY: LEADER OF EVENT
- ABOUT JR LLC: PURPOSE & MISSION
- WHO ARE WORKPLACE WELLNESS EVENTS FOR?
- NEED FOR WORKPLACE WELLNESS TEAM BUILDING EVENTS
- EVENT EXPERIENCE PACKAGES
- BJ FOGG: TINY HABITS TO SUPPORT BEHAVIOR CHANGE
- EVENT PILLARS
- THE ARC OF EXPERIENCE
- EVENT OUTCOME
- EVENT GOALS
- CONTACT / BOOK YOUR CUSTOM EVENT



JR LLC

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JR LLC

## About Jenna Ramsey

JENNA RAMSEY LLC

[www.jennaramsey.com](http://www.jennaramsey.com)

"I live with an open heart and share my love with others. I strive to inspire self awareness and be a reflection of what I want to see in the world. I am passionate about yoga, holistic practices and mindfulness tools. I want to create a ripple effect for a happier, healthier and more conscious world that is rooted in love and community."

In Gratitude,  
Jenna Ramsey

### Education:

- Masters Degree - California Institute of Integral Studies (CIIS - Class of 2024)
- Bachelors Degree from University of California, San Diego (UCSD - Class of 2010)

### Certifications:

- Integrative Wellness Coach Certified from CIIS
- Yoga Instructor Certified from CorePower Yoga

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JR LLC

# About JR LLC

JENNA RAMSEY LLC

[www.jennaramsey.com](http://www.jennaramsey.com)

## Purpose

My work is centered around providing logic behind wellness and tangible tools so it becomes more accessible and a center of importance for those I work with.

I provide integrative wellness coaching with a heart centered approach so that others may shine from the inside out.

## Mission

I am committed to a personal foundation of well being, optimal wellness, a growth mindset, dedicated purpose, and leading from an open heart. These guiding principles allow me to fill my own cup and to be consciously aware of my own energy so I can be a positive reflection of light and be of service to others in an impactful way. This results in me being aligned with my higher self though also recognizing that I am human and also forever evolving on my own self growth and love path.

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# WHO IS WORKPLACE WELLNESS FOR?

- ANY COMPANY THAT WANTS TO BUILD TEAM  
ENGAGEMENT
- BUSINESS' THAT WANT TO CONNECT WITH TEAM  
MEMBERS IN A MINDFUL WAY
- THRIVING COMPANIES WITH EMPLOYEES STRUGGLING  
TO FIND WORK/LIFE BALANCE
- COMPANIES THAT NEED SUPPORT LAUNCHING  
WELLNESS INITIATIVES
- COMPANIES IN SAN DIEGO FOR IN PERSON EVENTS





# *The Need for Workplace Wellness Events*

- Need for management to care about their team members' well-being
- Workplace stress has been reported to cause 120,000 deaths in the US each year (Goh et al., 2015)
- For 3/5 people, work-related stress negatively impacts performance (APA, 2021)
- Save Money on Healthcare costs and turnover (Gallup, 2017)
- For every \$1 spent on ordinary mental health concerns, employers see a \$4 return in productivity gains (OSHA, 2022)

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# WORKPLACE WELLNESS EVENT

## PACKAGE #1:

### TWO HOUR EVENT (\$2222)



E

#### Education

30 Minute Workshop:

- Coping with Stress
- Mindfulness Tools to use in Workplace
- Behavior Change



A

#### Activity

45 Minute Mindful Activity:

- Option 1: Yoga Class (Slow Flow or Yin)
- Option 2: Body Scan & Somatic Meditation
- Option 3: Breathwork to reduce Stress



T

#### Team Building

30 Minute Team Building:

- Option 1: Human Knot
- Option 2: Blind Retriever
- Option 3: Two Truths & a Lie



I

#### Integrate

15 Minute Integration Recap:

- How to continue integrating well-being in the workplace
- BJ Fogg Tiny Habits to help with Behavior Change
- Feedback Survey of Event

# WORKPLACE WELLNESS EVENT

## PACKAGE #2:

### FOUR HOUR EVENT (\$444)



E

#### Education

##### 60 Minute Workshop:

- Stress Test
- Strengths Test
- Prevent Burnout
- Stress Resilience
- Growth Mindset
- Mindfulness Tools



A

#### Activity

##### 60 Minute Mindful Activity:

- Option 1: Yoga Class (Slow Flow or Yin)
- Option 2: Body Scan & Somatic Meditation
- Option 3: Breathwork to reduce Stress



T

#### Team Building

##### 60 Minute Team Building:

- Option 1: Human Knot
- Option 2: Blind Retriever
- Option 3: Two Truths & a Lie



I

#### Integrate

##### 60 Minute Integration Recap:

- How to continue integrating well-being in the workplace
- AM/PM Routines
- BJ Fogg Tiny Habits to help with Behavior Change
- Feedback Survey of Event



# BJ Fogg Tiny Habits - Behavior Change

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- When it comes to change, tiny is mighty.
- Fogg's behavior formula:
  - Make it easy
  - Make it fit your life
  - Make it rewarding

EX: Whenever you get in your car, take one yoga breath. Smile.  
Whenever you get in bed, turn off your phone. Give yourself a high five.



# Event Pillars

## EDUCATIONAL

STRESS RESILIENCE,  
GROWTH MINDSET &  
MINDFULNESS TOOLS  
WORKSHOP

## BEHAVIOR CHANGE

GUIDE WELLNESS PROMOTION,  
DISEASE PREVENTION, AND  
WORK PRODUCTIVITY THROUGH  
BEHAVIOR CHANGE

## EXPERIENCE

MINDFULNESS LED  
PRACTICE WITH YOGA,  
BREATHWORK, OR  
MEDITATION

## TEAM ENGAGEMENT

ACTIVITY THAT ALLOWS FOR  
TEAM COLLABORATION IN A  
MINDFUL & PLAYFUL WAY





# The Arc of Experience

## 4. EXPERIENTIAL

YOGA, BREATHWORK, MEDITATION  
LED PRACTICE

## 5. TEAM BUILDING

PLAYFUL ACTIVITY TO ENGAGE &  
WORK WITH TEAM MEMBERS

## 3. DISCUSSION/ GROUP COACHING

INTERACTIVE / GROUP SHARE

## 6. BEHAVIOR CHANGE

HEALTH PROMOTION  
DISEASE PREVENTION

## 2. EDUCATIONAL

COPING WITH STRESS  
MINDFULNESS TOOLS

## 7. INTEGRATE

REFLECTION, AT HOME  
PRACTICES,  
WORKPLACE TOOLS  
FOR  
MINDFULNESS &  
STRESS  
RESILIENCE

## 1. HEALTH SCREENING

SURVEY, STRESS TEST

#MindfulnessAtWork



# EVENT OUTCOMES

↓  
DECREASED  
STRESS

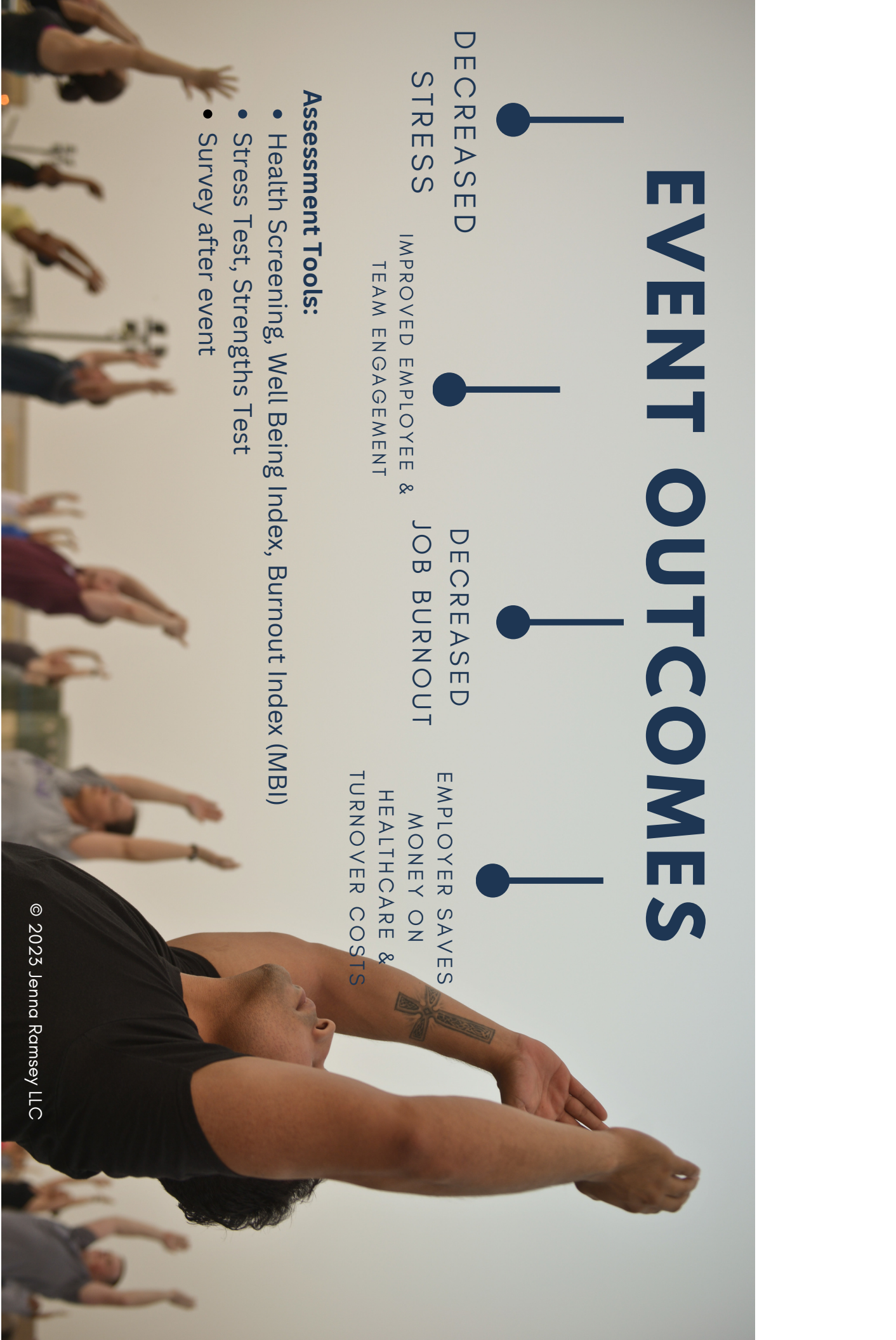
IMPROVED EMPLOYEE &  
TEAM ENGAGEMENT

↓  
DECREASED  
JOB BURNOUT

EMPLOYER SAVES  
MONEY ON  
HEALTHCARE &  
TURNOVER COSTS

## Assessment Tools:

- Health Screening, Well Being Index, Burnout Index (MBI)
- Stress Test, Strengths Test
- Survey after event







# Event Goals



Participants will walk away from event feeling inspired, grounded, and engaged.

They will feel empowered by education, mindfulness tools, self care practices, and engagement with each other through workplace wellness.

## THE NEED

- Employee Engagement
- Employee Health
- Prevent Burnout
- Prevent Turnover
- Disease Prevention

## EVENT PROVIDES

- Mindfulness Tools
- Coping with Stress
- Behavior Change
- Team Building
- Active Practice

## WHAT HAPPENS

- Feel Empowered
- Feel Resilient
- Feel Grounded
- Feel Engaged
- Feel Supported

## RESULTS

- Less Absenteeism
- Less Turnover
- Less Healthcare Costs
- Happier at Work
- Higher Productivity



**"The Most Successful  
Organizations are now turning  
their attention to employee  
well-being as a way to gain  
emotional, financial, and  
competitive advantage."**

**TOM ROTH, GALLUP**

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WOKRPLACE**

**Book Your Event Today!**



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*Thank  
you!*

