

# Balance in Action

Habits for excellence and corporate well-being.



Companies that prioritize employee well-being see:

**37%** increase in sales

**31%** increase in productivity

**55%** increase in team creativity

This *Workshop* will teach teams how to develop habits that promote emotional intelligence and management by connecting their bodies, minds, and spirits.

## Healthy Habits

**1**

Meditation

**2**

Mindful Eating

**3**

Intermittent Fasting

**4**

Mindful Breathing

**5**

Physical Activity

**6**

Grounding

**7**

Human Connection

Employees' mental and emotional **well-being** has a positive impact on team **relationships, performance, and engagement.**





## This course includes:

- 4 hours of instruction on healthy habits.
- Guided meditation videos.
- Audio recordings of breathing techniques.
- A video on meditation with Tapping to calm anxiety.
- A digital workbook.

## How does it work?

In this course, participants will learn how to practice 7 healthy habits that can improve their mental, emotional, and physical well-being.

They will also learn how to break toxic behaviors and develop a sustainable plan for incorporating healthy habits into their lives.



## Benefits for Your Team

«Cuando una persona se siente bien, su cerebro trabaja mejor, produce mejores neurotransmisores lo que brinda una mayor eficiencia y eficacia a la organización».



**Improving** the quality of life of team members.

**Learning to manage** emotions.

**Reducing stress** to improve performance



**Making better decisions** from awareness

## CONTACT



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