



WELLNESS WORKSHOP SERIES

Practical Tools for Well-Being, Balance, and Professional Growth

Why Organizations Choose ELA

- Practical, real-world strategies
- Engaging and reflective learning experiences
- Supports well-being & leadership development
- Flexible formats: in-person or virtual

NEED A SECOND OPINION?

“
ELA's Wellness Workshop helped me reflect on my strengths and opportunities for growth. It was refreshing and fun to have time to collaborate with my peers.
”

Zinner & Co. LLP



Questions? More Info?
kbiggar@effectivela.org

Tailored for Your Team

Workshops may be offered as standalone sessions or as a customized series, tailored to meet the needs of your team, organization, or professional group.

Flexible Formats

Choose what fits your schedule and team size:

- 60-minute sessions
- Half-day or full-day retreats
- Multi-day series
- Small teams (3+) to full teams

Key Areas of Development

- Stress Management & Burnout Prevention
- Boundaries, Balance & Self-Management
- Mindfulness, Resiliency, & Positivity
- Purpose, Values, & Personal Growth

Pricing varies by number of participants and number of sessions. Contact today for a quote.
Nonprofit & educator discounts provided.

WELLNESS

WORKSHOP SERIES

WHAT SKILLS DOES YOUR TEAM NEED?

- **COMMUNICATION STYLES**

Communicating Successfully

- **CONFLICT RESOLUTION**

Effectively Navigate Conflicts

- **DIGITAL DETOX**

Importance of Taking Technology Breaks

- **EMBRACE CHANGE**

Flexibility and Personal Trust

- **EMBRACE YOUR PURPOSE**

Journey of Inner Discovery

- **INSPIRATION**

Inspiring People Inspire Others

- **LIFE BALANCE & VALUES**

Knowing Your Limits

- **MINDFULNESS**

Being Aware & Present

- **POWER OF POSITIVITY**

Positive Thinking

- **RESILIENCY**

Bouncing Back from Challenges

- **SELF-EXPRESSION**

Identify and Develop Self-Expression

- **SELF-MANAGEMENT**

Declutter, Destress, Develop

- **SELF-REFLECTION**

Journey of Inner Discovery

- **STRESS MANAGEMENT**

Understanding and Managing Stress



**BOOST
SYNERGY**



**FOSTER
IDEAS**



**INCREASE
PRODUCTIVITY**

LET'S BUILD STRONGER, MORE CONNECTED TEAMS—TOGETHER.