

## Wellbeing Isn't a Perk - It's a Performance Strategy

Corporate Wellbeing experiences 100% of  
proceeds to charity

Boost team performance while supporting  
children with profound needs

Customisable workshops

Expert facilitators

Tax-deductible



# THE EXPERIENCE

## Transform Your Team. Empower Their Potential.

We offer bespoke wellbeing workshops designed to support your employees' mental, emotional, and physical health while making a meaningful impact. Every euro raised funds essential services for children with moderate to severe intellectual disabilities and life-limiting conditions.

Choose from Two Powerful Options:

### Half-Day Workshop (1-3.5 hours):

Includes 1 expert talk, group coaching, and a calming wellness activity. Ideal for mornings or afternoons.

### Full-Day Workshop (4.5+ hours):

An immersive day of talks, movement, reflection, and rest. Includes 3 wellness activities, a coaching session, lunch, optional nature walk, and breaks.

Expert-Led Talks: (Choose 1-2)

- **Happiness is the By-Product of a Good Routine** - Structure fuels joy. Organization, planning, boundaries, and time mastery create balance and fulfillment. Burn bright, don't burn out.
- **The Power Hour** - Harness energy and intention to master your time and boost daily impact.
- **Strong Bodies, Resilient Minds** - Build physical strength and mental clarity for lasting resilience.
- **Boundaries, Balance & Brilliance** - Create healthy work-life boundaries and empowered team dynamics that fuel success.
- **Burn Bright, Don't Burn Out**

**Outdoor options also available.**





## Wellbeing Add-Ons:



Yoga & Movement Practices



Pilates for Posture & Strength



Mindfulness Meditation



Mindful Nature Walks



Cacao Ceremony & Meditation - A heart-opening, creative reset



Breathwork Journeys - Transformational breathing techniques to calm the nervous system and build resilience

All equipment provided.

Locations: Choose from one of our tranquil, nature-rich venues or let us bring the full experience directly into your workplace.





## WHY THIS? WHY NOW?

01

### Boost Productivity

Happy, healthy teams perform better. Our workshops increase energy, focus, and motivation.

02

### Reduce Sick Leave

Burnout and stress are top drivers of absenteeism. We teach practical tools that protect long-term wellbeing.

03

### Retain Top Talent

Employees stay where they feel seen, supported, and valued. Wellbeing drives loyalty and job satisfaction.

04

### Improve Team Culture

Better communication and empathy make teams stronger and more connected.

05

### Maximise Tax Benefits

Because all proceeds go directly to charity, your full investment is tax-deductible.

06

### Retain Top Talent

Every euro supports children with profound disabilities and life-limiting conditions. It's a feel-good move with meaningful impact.

Your company's biggest asset is its people. When they're well, your business thrives.





# Ready to Boost Your Team and Make a Difference?

## WHAT'S INCLUDED & ABOUT LISA

- ✓ Full planning and facilitation
- ✓ All equipment and setup
- ✓ Tailored experience based on your team's needs
- ✓ Direct donation receipt for tax purposes



With over two decades of experience in the wellbeing industry, Lisa Doolan has worked with some of the world's most recognised companies, including Microsoft and Amazon. Her unique approach blends emotional intelligence, corporate insight, and holistic health practices. Lisa has led transformative sessions for thousands of employees across a wide range of industries - supporting teams in reducing stress, improving mindset, and elevating performance.

**Lisa's Mission:** To help organisations thrive by investing in the mental and emotional health of their people while supporting children in need.





## CONTACT TO BOOK:

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