



# Corporate Wellness



Aileen Axtmayer is a Holistic Career Coach and Wellness Speaker with over 13 years of experience. She has hosted both in person and virtual workshops for groups of up to 300, including global audiences. Aileen has Integrative Nutrition Health Coaching, 200-Hour Yoga and Meditation Teacher Certifications.

She believes that when we're healthier, we're better able to thrive in our jobs.

The mission of Aspire with Aileen is to help exhausted professionals restore their energy, feel their best, and do what they love.

“ Aileen brings knowledge, compassion and fun to each wellness session. She has a way of bringing wellness topics to life by combining well-researched scientific facts with practical ideas and action items for the participants.

Aileen uses her creativity to design workshops that address some of the most common health topics, and best of all – she has a way of keeping the participants engaged. Instead of feeling intimidated by what they are not doing or not doing well, our employees leave her sessions feeling empowered to start making small, achievable goals. I have received many unsolicited feedback from participants after her sessions, and to me, that is a true mark of a great presenter!

Eve Gao, Global Benefits Manager, Charles River Associates

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# Signature Programs

These are all highly interactive, engaging 45–60 minute webinar format sessions:

## **Stress Less, Sleep More:**

This webinar focuses on stress and sleep and how we may be able to improve both during an unprecedented time. It will help you gain a better understanding of how these areas are being affected and influenced by one another. You'll foster your ability to give yourself compassion, and the reassurance that you are not alone. We'll cover specific, evidence-based, practical strategies so you can move from feeling overwhelmed to armed with simple tools to try. You'll learn:

- Some of the physiological reactions that quarantining can elicit in the mind and body.
- Specific strategies to address stress and sleep from multiple angles, including nutrition tips, technology usage hacks, and mindfulness exercises.
- How to make small but impactful changes that can last, no matter what your life looks like.

## **You Are What Your Skin Eats:**

The EU has banned more than 1,300 chemicals in the formulas of personal care products in the past two decades. The US has only partially banned 30. Of the more than 80,000 chemicals on the market today, many do not have any safety data. While additional research still needs to be done, we know that these chemicals can cause a host of health issues, including weight gain and cancer. Please join us to learn ways to keep your sanity and budget in check while protecting your health.

## **Power Down, Level Up: How to Create a Healthier Relationship with Your Phone to Improve Your Life**

In a time when we're always able to be connected, yet are simultaneously more isolated from the outside world, how do we find balance and use this tool in ways that really serve us? This webinar focuses on your relationship with your phone and will equip you with the knowledge and tools to create a healthier one, however you define it. You'll learn:

- Some of the psychological and physiological impacts of constant phone use.
- How to evaluate your relationship and determine what you want to change.
- Specific strategies to create new habits from technology hacks to mindfulness exercises.
- How to create a personalized plan to start making changes that last.

## **Foods that Fight Stress:**

During this workshop, you'll learn about the relationship between how stress impacts our food choices and energy levels, and how to make changes to increase vitality. We'll also cover the impact that poor sleep and stress both have on our nutrient levels, and what foods to prioritize (and avoid) to mitigate their impact. The aim is to equip you with knowledge about how food influences our energy, along with simple strategies to incorporate more of what will truly nourish and fuel you.

# Yoga, Stretching, and Meditation

Aileen offers traditional vinyasa yoga (all levels, no props needed), desk stretches, and restorative yoga, all with the theme of focusing on stress-reduction. Classes can range from 20-minutes to 60 based on interests. Have an off-site day packed with meetings? A popular pick is to break it up with some stretches and breathwork.

Additional ways we can bring movement and stress reduction to your employees:

## **Guided Meditation Sessions:**

This is a simple way to help employees manage their stress, improve sleep, increase their energy, and learn how to incorporate healthy habits in a sustainable way. Sessions can be as short at 20 minutes to as long as 45. Optional discussion/Q&A re: meditation tips for beginners and how to make it a habit.

## **Meditation + Tasting:**

A new take on the old “lunch and learn” model. We start with a guided meditation and then transition into a discussion of a health drink (like matcha or kombucha, for example) that aims to help with stress as well. Also included is a one-page handout explaining the research/benefits in more detail. When we can be in person again, this works well as an actual “tasting” too.

## **Simple Yoga Poses to Counter Sitting and Stress Workshop:**

Instead of a recurring class, this is a workshop combining yoga with a discussion on how to incorporate movement and other stress-busting tools throughout the day.

Participants will learn about the physical and mental benefits of yoga, with a specific focus on how it can be used to alleviate stress and the impact of sitting and constant computer use. We'll cover ways to easily integrate it into everyday life, including while at a desk. The goal is to equip you with the knowledge and tools to make yoga accessible anywhere, and to help you leave feeling better than when you arrived.

## **Sample Description for Employees:**

From our cars to computers, we're spending more time sitting than ever before. You may have read that “sitting is the new smoking” or perhaps you've personally experienced some of the symptoms of “tech neck” from so much screen time. In this workshop, we'll discuss how stress and technology take a toll on your physical and mental health, along with the scientifically proven benefits of yoga. After learning about these concepts, we'll move through some postures together so you can experience the practice yourself. Each participant will walk away with a nine-page guide filled with photos and alignment cues for 18 poses specifically targeted to counteract stress and sitting.



More information and a list of previous company partnerships can be found at [www.aspirewithaileen.com/corporate-wellness](http://www.aspirewithaileen.com/corporate-wellness)