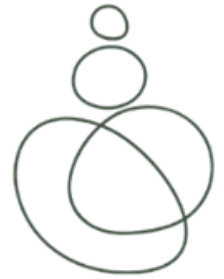


Workplace Wellness Solutions

We provide customized, on-site workplace wellness solutions designed to support employee well-being, engagement, and performance. Our programs are delivered directly at your workplace by an experienced team of wellness professionals and are tailored to your organization's unique needs, goals, and culture.

Organizations select from a range of flexible corporate wellness formats and featured topics. From there, we create a fully customized solution designed to deliver meaningful, measurable impact for your team.



V I T A
R E T R E A T S



Programs

➔ Lunch & Learn Sessions

- Engaging, educational wellness talks designed to fit seamlessly into the workday.

➔ Full-Day Workshops

- Immersive experiences focused on deeper learning, connection, and skill-building.

➔ Ongoing Wellness Programs

- Monthly Sessions
- Bi-Weekly Sessions
- Weekly Sessions

Once a format is selected, simply tell us:

- Number of employees
- Desired session length or program duration
- Preferred featured topics

We then design a ***custom corporate wellness solution*** specifically for your team.

Featured Topics

Organizations may choose from the following featured wellness topics:

- Workplace Burnout Prevention
- Unlocking Your Potential in the Workplace
- Team Connection
- Team Dynamics & Conflict Resolution
- Workplace Emotional Regulation & Resilience Toolkit
- Anger Management & Conflict De-Escalation in the Workplace
- Resilience and Recovery
- Mastering Your Mind & Emotions – Workshop Series
 - Self-Development Workshop
 - Emotional Resilience Workshop
- Smart Eating & Seasonal Detox
- Movement Matters: Posture, Performance & Injury Prevention
- Reset & Recharge: Energy, Sleep & Stress Recovery
- Addiction Prevention Support

AD-ONS

Organizations may choose from the following optional ad-ons

- EMDR and ART trauma therapy
- Executive coaching and leadership development
- Holistic nutrition and wellness planning
- Yoga, fitness, and stress reduction programs
- Custom corporate destination retreats

Outcomes

Our Workplace Wellness Solutions are designed to support:



Improved emotional regulation and resilience



Stronger team communication and connection



Increased employee engagement and morale



Enhanced focus, productivity, and performance



Practical tools employees can apply immediately, both professionally and personally



Reduced burnout and workplace stress

Each program prioritizes real-world application, long-term sustainability, and employee well-being.



Process

1

Inquiry & Discovery

Organizations submit an inquiry and provide key details including team size, preferred program format, session frequency or duration, and desired featured topics.

2

Customization

Using the information provided, we create a customized workplace wellness solution tailored to your organization's goals, culture, and employee needs.

3

Confirmation & Scheduling

Once the program outline and investment are approved, sessions are scheduled at your workplace.

4

Program Delivery

Our experienced wellness professionals deliver the program on-site, creating an engaging and supportive wellness experience for your team.

5

Ongoing Support (Optional)

Continued sessions or program adjustments are available to support long-term employee well-being and sustained impact.

Why Vita Wellness Corporate?



1

EXPERT MULTIDISCIPLINARY TEAM:

Led by corporate wellness experts with years of hands-on experience, our programs deliver meaningful, real-world strategies that support mental resilience, well-being, and sustainable workplace performance.

2

TARGETED WELLNESS BACKED BY RESEARCH:

From burnout prevention and emotional regulation to resilience, conflict resolution, and stress recovery, our programs are grounded in evidence-based practices and designed to deliver measurable workplace outcomes.

3

CUSTOMIZED PROGRAMS THAT REFLECT YOUR ORGANIZATION:

We take the time to understand your workplace culture and team dynamics, allowing us to design wellness solutions that feel authentic, practical, and impactful.

4

SCALABLE FOR ANY SIZE:

Whether supporting a small business or a large enterprise, our wellness solutions grow with your company's needs

Team Expertise

Delivered by our exceptional team of experienced wellness professionals, each session is approached with care, expertise, and intention. Our team brings a high level of professionalism, warmth, and real-world knowledge, ensuring your employees feel supported, valued, and empowered.



Assia Bouadi

Master Coach | Corporate
Speaker | Master Reiki healer |
Somatic Trauma Therapist |
Mental health program leader



Amanda Ballas

Integrative Health &
Functional Medicine Coach
| Certified Yoga Instructor |
Lunch and learn Expert



Eric Fisher

Master's Level Canadian
Certified Counsellor (CCC)



Contact Us

To inquire about Workplace Wellness Solutions or to book a consultation, please contact us to discuss your organization's needs. We look forward to creating a customized wellness experience that supports your team's success.



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