



# Blissfully Alive™ Virtual Workshop Catalog

## I. Nervous System Regulation & Mental Reset

*Foundational practices to restore balance, clarity, and steady energy*

1. **Reset the Mind: Practical Tools for Energy, Focus, and Well-Being**
  2. **Breathwork for Stress and Energy Regulation**
  3. **Guided Meditation for Mental Clarity**
  4. **Group Self-Hypnosis for Deep Reset**
  5. **Preventing Burnout: Restorative Practices**
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## II. Emotional Resilience & Inner Mastery

*Developing awareness and regulation for composed, intentional responses*

6. **Emotional Regulation in High-Pressure Environments**
  7. **Compassionate Communication & Emotional Intelligence**
  8. **Team Connection Lab: Mindful Activities for Trust and Collaboration**
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## III. Clarity, Alignment & Conscious Direction

*Reflective practices that align values, intention, and meaningful action*

9. **Vision and Intention Setting Workshop**
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## IV. Conscious Leadership & Professional Presence

*Cultivating grounded authority, relational awareness, and mindful influence*

10. **Mindful Leadership Presence**

## 1. Reset the Mind: Practical Tools for Energy, Focus, and Well-Being



### *Short Description*

Learn practical techniques to reset your mind, restore energy, and improve focus through simple mindfulness, breathwork, and nervous system regulation practices.

### *Long Description*

Modern work environments demand sustained attention, rapid decision-making, and constant adaptability. Over time, this mental load can lead to cognitive fatigue, reduced focus, and chronic stress that impacts both well-being and performance. Reset Your Mind is an experiential workshop designed to help participants restore mental clarity, replenish energy, and develop practical tools for nervous system regulation. Integrating evidence-informed mindfulness practices, breathwork techniques, and mind-body awareness methods, this session provides accessible strategies that can be applied immediately during the workday. Participants learn how to recognize early signs of mental overload, interrupt stress patterns, and shift into a calmer, more focused state. The workshop combines guided practices with practical insights so attendees not only experience a mental reset during the session, but also leave with sustainable tools for ongoing resilience.

This workshop is suitable for professionals at all levels and can be delivered as a stand-alone wellness session or as part of a corporate well-being program.

### *Duration*

60 minutes

### *Minimum and Maximum Requirements*

- Stable internet connection
- Quiet space for participation
- Suitable for small teams or large webinar groups

### *Price*

Flat Fee \$450

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## **2. Breathwork for Stress and Energy Regulation**

### *Short Description*

Discover practical breathing techniques that regulate stress, stabilize energy levels, and cultivate calm, focused presence.



### *Long Description*

Breathing patterns directly influence stress responses, energy regulation, and mental clarity. This workshop introduces evidence-informed breathwork techniques that help participants regulate their nervous systems and maintain balanced energy levels.

Participants learn practical breathing methods that can be applied before high-pressure situations, during demanding work periods, or to restore calm after stress. Guided breath sequences allow participants to experience immediate regulation benefits while building practical skills for daily use.

This session emphasizes accessible techniques suitable for all experience levels and workplace environments.

### *Duration*

60 minutes

### *Minimum and Maximum Requirements*

- Stable internet connection
- Quiet space
- Participants seated comfortably

### *Price*

Flat Fee \$450

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## **3. Guided Meditation for Mental Clarity**

### *Short Description*

Learn structured meditation techniques to reduce mental overload, improve focus, and cultivate calm, sustained attention in demanding work environments.



### *Long Description*

Modern professionals often operate in states of continuous cognitive demand, which can fragment attention and reduce effectiveness. This workshop introduces structured meditation practices designed to quiet mental noise, strengthen concentration, and support clear thinking.

Participants are guided through accessible techniques that train attention, cultivate present-moment awareness, and promote calm mental steadiness. Practical instruction helps participants integrate short meditation practices into their daily routines to maintain clarity and focus throughout the workday.

This session blends experiential practice with practical application, ensuring participants leave with both immediate benefits and sustainable tools for ongoing mental clarity.

### *Duration*

60 minutes

### *Minimum and Maximum Requirements*

- Stable internet connection
- Quiet space where participants can sit comfortably
- Suitable for individuals, teams, and large groups

### *Price*

Flat Fee \$450

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## **4.Group Self-Hypnosis for Deep Reset**

### *Short Description*

Experience guided self-hypnosis techniques that promote deep relaxation, restore mental energy, and support emotional balance.

### *Long Description*

Sustained mental effort without adequate recovery can lead to fatigue, emotional strain, and reduced effectiveness. This workshop introduces guided self-hypnosis techniques that help participants access deeply restorative states of relaxation.



Participants are guided into focused states of awareness where the mind and nervous system can release accumulated tension, restore clarity, and renew energy.

#### *Duration*

60 minutes

#### *Minimum and Maximum Requirements*

- Stable internet connection
- Quiet environment
- Participants seated comfortably

#### *Price*

Flat Fee \$550

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## **5. Preventing Burnout: Restorative Practices**

### *Short Description*

Learn to recognize early signs of burnout and apply restorative practices that support resilience and long-term well-being.

### *Long Description*

Burnout often develops gradually when stress accumulates without adequate recovery. This experiential workshop helps participants identify early indicators of nervous system overload and apply restorative mind-body practices that prevent chronic exhaustion.



Participants gain practical understanding of stress physiology and learn techniques that restore balance, replenish energy, and support emotional resilience. Guided practices help participants shift from sustained strain to restorative regulation.

#### *Duration*

60 minutes

#### *Minimum and Maximum Requirements*

- Stable internet connection
- Quiet participation space
- Suitable for teams and organizations

#### *Price*

Flat Fee \$450

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## **6. Emotional Regulation in High-Pressure Environments**

### *Short Description*

Develop practical tools to manage emotional triggers and respond to challenges with clarity, composure, and intention.

### *Long Description*

High-pressure environments can intensify emotional reactions that affect decision-making, communication, and performance. This workshop helps participants cultivate awareness of emotional triggers and develop practical regulation strategies.

Participants learn techniques that support emotional steadiness, reduce reactive patterns, and foster composed, intentional responses.



### *Duration*

60 minutes

### *Minimum and Maximum Requirements*

- Stable internet connection
- Quiet participation space

### *Price*

Flat Fee \$550

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## **7. Compassionate Communication & Emotional Intelligence**

### *Short Description*

Strengthen empathy, listening skills, and constructive communication to enhance professional relationships and team dynamics.

### *Long Description*

Effective professional relationships depend on emotional awareness and skillful communication. This workshop helps participants cultivate empathy, attentive listening, and constructive dialogue practices.

Participants learn emotional intelligence tools that enhance interpersonal awareness and reduce communication friction, supporting healthier workplace dynamics.

### *Duration*

60 minutes



### *Minimum and Maximum Requirements*

- Stable internet connection
- Suitable for interactive group participation

### Price

Flat Fee \$550

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## **8. Team Connection Lab: Mindful Activities for Trust and Collaboration**

### **Short Description**

Interactive, mindfulness-based team exercises that strengthen trust, communication, and authentic workplace connection.

### **Long Description**

High-performing teams are built on trust, psychological safety, and meaningful interpersonal connection — not just productivity metrics. Yet many teams operate in high-pressure environments where authentic communication and human connection are often overlooked.

Team Connection Lab is an experiential workshop designed to help colleagues build trust, improve collaboration, and foster a more supportive team culture through structured, mindful interaction.

Participants engage in thoughtfully designed partner and small-group activities that cultivate active listening, empathy, and authentic communication. Mindfulness-based practices are integrated to help participants become more present, self-aware, and emotionally attuned during interactions.

Unlike traditional icebreakers, these exercises are purposeful, psychologically informed, and designed for professional environments. The session encourages safe participation while respecting boundaries and individual comfort levels.



Participants leave with:

- Stronger interpersonal awareness
- Improved listening and communication skills
- Greater empathy across roles and personalities
- Enhanced team cohesion and morale

This workshop is ideal for team retreats, leadership offsites, newly formed teams, or organizations seeking to strengthen collaboration and workplace culture.

**Format**

Facilitated interactive exercises + mindful communication practices + guided group reflection

**Duration**

60 minutes (standard)

**Minimum & Maximum Requirements**

Minimum: 6 participants

Maximum: 40 participants

**Pricing (Virtual)**

60 minutes — Flat Fee \$450

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## 9. Vision and Intention Setting for Personal and Professional Alignment

### *Short Description*

Clarify personal and professional priorities, align values with goals, and set meaningful intentions through guided reflection and structured planning.

### *Long Description*

Clarity of direction enhances motivation, decision-making, and overall fulfillment. This reflective workshop helps participants align both personal values and professional aspirations, creating a more integrated and intentional approach to work and life.

Through guided reflection exercises, visualization practices, and structured planning processes, participants clarify what matters most, identify meaningful priorities, and develop conscious intentions that guide both personal growth and professional direction.

By bridging personal insight with professional purpose, this workshop supports more aligned goal-setting, improved focus, and a deeper sense of motivation and engagement.

Participants leave with renewed perspective, practical planning tools, and clearly defined intentions that support balanced and meaningful progress.

### *Duration*

60 minutes

### *Minimum and Maximum Requirements*

- Stable internet connection
- Suitable for individuals and teams



*Price*

Flat Fee \$450

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## **10. Mindful Leadership Presence**

*Short Description*

Cultivate calm authority, grounded communication, and conscious leadership presence in professional environments.

*Long Description*

Leadership presence is shaped not only by strategy but by emotional steadiness, awareness, and communication style. This workshop helps leaders cultivate grounded authority, mindful engagement, and relational presence.

Participants learn awareness practices that strengthen composure, attentiveness, and intentional communication, supporting effective team leadership.

*Duration*

60 minutes

*Minimum and Maximum Requirements*

- Stable internet connection
- Suitable for leadership teams and professional groups

*Price*

Flat Fee \$650

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