



JOURNEY TO YOURSELF



WORKSHOP & COACHING OPTIONS

Discover the flexible options for your company's well-being regarding stress management. Focus as a team to overcome stress in the workplace.



www.journeytoyourself.net



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Jessica received her Master in Public Health at West Chester University. She is the owner of Journey to Yourself, a speaker, and a stress management coach. Through her career and education, she realized that we all have a common issue—everyone, at some point or another, struggles with handling stress.

Through her own life journey, Jessica created Journey To Yourself.



GROUP WORKSHOPS

Themes are customizable based on the needs of your company and employees.

Workshops include tangible takeaways and encourage participation to help employees maximize their learning.

MONTHLY WORKSHOP #1

Mission

Statement/Company Goals/ Introduction

- Create an understanding of the importance of learning teamwork, and accountability.
- Create an understanding about stress, and personal awareness of employees' reactions to stress.
- Learn 5 habits you can start today to help relieve stress.

MONTHLY WORKSHOP #2

Communication

- Learn how to communicate under pressure.
- Learn the dos and don't when you communicate.
- Learn how to decrease a defensive reaction.

MONTHLY WORKSHOP #3

Burnout

- Identify burnout.
- Create habits to reduce burnout.
- Learn how burnout can affect your life.



GROUP WORKSHOPS CONT.

MONTHLY WORKSHOP #4

Work/Life Balance

- Learn the difference between Work life balance vs. Work life integration.
- Learn healthy ways to handle change.
- Learn boundaries and habits to help create balance and boundaries before, during and after work.

MONTHLY WORKSHOP #5

Team Building

- Create an understanding that you cannot do it on your own.
- Learn the importance of delegating and how to delegate.
- Learn how to be accountable.
- Learn the benefits of working together.

MONTHLY WORKSHOP #6

Mindfulness Habits

- Learn what habits work for you.
- Learn how to build habits that work for different stressors in your life.
- Learn how to be mindful at work and at home.
- Learn habits that go beyond yoga and meditation or how to add habits to your yoga and meditation routine.



INDIVIDUAL COACHING FOR MANAGERS AND/OR EMPLOYEES

- 45-minute, in-person/virtual 1:1 coaching with your managers and/or employees, monthly meeting.
- Individual coaching is focused on personal and work concerns.
- This is confidential, and more personal for the employees.
- Unlimited access to me throughout the month for questions or continuous support VIA emails.

CLIENTS

