

MIND-BODY REBOOT

a nutrition, psychology and yoga workshop
for a thriving team and workplace

Do you want to help your team build focus, resilience in the face of stress and the edge to thrive? Great! So do we. We believe that a system is only as strong as its parts. But what if each sub-system, each person, weren't functioning at full capacity because they weren't given the conditions to best care for their system, possibly even unaware of how their own system functions best? Then offering people the opportunity and the tools to optimize their functioning would seem like the winning strategy to strengthen the system as a whole, wouldn't you agree? Well, that's precisely what we help you achieve in our Mind-Body Reboot. We help reboot your system by targeting the health and wellness of your individuals to strengthen your organization from within.

WHAT YOU CAN EXPECT

This half-day workshop led by experts in nutrition, psychology and yoga aims to help your team members connect to their body and mind to learn the skills they need to feel better, build resilience, increase focus and be more effective.

NUTRITION

Learn the importance of body awareness for health, strategies to nourish and thrive and how to build a mindful eating practice.



Vanessa Perrone RD MSc

Registered Dietitian and nutrition expert for Global Montreal Morning News, her goal is to motivate you about getting back to basics in the kitchen, eating real food and taking charge of your health.

PSYCHOLOGY

Learn good habits for brain care, how to stay focused on what's important and how to cope with negative thoughts and feelings.



Dr Jodie Richardson

Jodie is a clinical psychologist and founder of Connecte Psychology. She is passionate about developing programs that enhance both mental and physical well being and effectiveness and that capitalize on the interactive benefits of the two.

MINDFULNESS YOGA

We will practice developing an awareness of sensations, thoughts and emotions that come up without attachment in the present moment and the ability to choose.



Nicole Jones

Physical Education teacher at Dawson College, lululemon ambassador, mindfulness yoga teacher at Connecte Psychology. Nicole is a certified Yoga Fit level 1, Moksha, Moksha Flow and Power yoga teacher. Her passion is to educate and inspire others about health and wellness through yoga.