

## PDF Pricing Guide

### Workshop Pricing & Package Details

#### Corporate Wellness Packages

**Emotional Intelligence at Work:** \$1,100 per session

Includes:

- Light refreshments (coffee, tea, snacks).
- Personalized workbooks with exercises and practical tools.
- Interactive breakout sessions.
- Post-workshop email with additional resources.

**Stress Management & Resilience Training:** \$2,000 per session

Includes:

- Light refreshments and a mid-session snack.
- Comprehensive workbooks with stress trackers and resilience strategies.
- Guided breakout groups for practical application.
- Email follow-up with tools for ongoing practice.

**Full-Day Emotional Wellness Retreat:** \$4,500 per session

Includes:

- Catered lunch and snacks.
- Guided meditation and team-building exercises.
- Comprehensive journals for reflection and planning.
- Follow-up resources with a workshop recording.

## **School & Educational Packages**

Student Emotional Wellness Workshop: \$750 per session

Includes:

- Mini-journals for students.
- Group activities and reflection exercises.
- Take-home resources for parents.

Teacher & Staff Emotional Resilience Training: \$1,500 per session

Includes:

- Personalized workbooks with stress reduction strategies.
- Breakout groups to discuss classroom-specific scenarios.
- Post-session email with additional resources.

## **Nonprofit & Community Packages**

Community Emotional Wellness Basics: \$500 per session

Includes:

- Light refreshments (water, snacks).
- Take-home activity sheets and guides.
- Interactive breakout groups.

Emotional Resilience for Families: \$1,000 per session

Includes:

- Group exercises and family-oriented activities.
- Take-home family activity kits.
- Follow-up resources for continued practice.

## **Small Group Package**

Private Emotional Wellness Session: \$600 per session