WELLOGA.

Signature Workshops & Talks

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Helping leaders and teams think clearly, lead well and recover from burnout

16 years corporate executive | 7 years WELLOGA

Table of Contents

Signature Workshops & Talks

- Leading When You're Not in the Room (Pg 4)
- Emotional & Intuitive Intelligence (Pg 5)
- Finding Your Purpose: A Workshop to Reconnect with What Matters Most (Pg 5)
- You Are Creative: A Workshop to Unlock What's Already Inside You (Pg 6)
- The Future of Corporate Well-being – "Co-Create to Motivate" (Pg 7)
- Wellness & Community: Finding Your Own Recipe for Wellbeing (Pg 7)
- The Tired-To-Do-List Junkie / Cognitive Overload (Pg 8)
- 6 Types of Burnout: Do You Know the Type You Have? (Pg 9)
- You Are How You Breathe (Pg 9)
- Self Care 101 (Pg 10)
- Mindfulness 101 (Pg 10)
- Mindfulness 102 (Pg 11)

Workplace Online Cooking Classes

- Healthy Interactive Online Cooking Classes, GF and allergy-conscious (Pg 12)

The Thoughtful Slowdown Series

Offered as a full 8-part series or individual sessions

1. Slowdown Superstar (Pg 12)
2. Tranquility Toolbox – 7 Tools to Combat Stress (Pg 13)
3. Finding Your Middle Ground – Be More Productive, Not Less (Pg 13)
4. Boundaries, Support & Empowerment (Pg 14)
5. Rest & Digest: Nervous System 101 (Pg 15)
6. Yoga Bliss: Why Yoga Makes Us Feel So Good (Pg 15)
7. Sticky Patterns: Overcoming Change Gently (Pg 16)

8. Gut Feelings: Understanding and Managing Your Emotions (Pg 16)

Wellbeing Speaker Jennifer Doheney

Signature Workshops & Talks

Leading When You're Not in the Room

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

Leaders can't see their people the way they used to. When we worked side by side, you could see how work was getting done, who was at capacity, who was enjoying their work, and who quietly stepped in when someone was busy. Feedback was a quick moment, not a long list saved for later. Leadership was visible too: the promotion, the bigger office, the different meetings. Much of that is gone.

This session explores what we lost when we stopped being together, and how leaders show they're a leader now.

Participants will learn:

- What changed when teams stopped working side by side, and what leaders now miss
- Why feedback, capacity and mentoring need a new approach when you can't see your people
- How to build trust, respect and loyalty so people feel safe, feel they still matter, and feel part of a team
- How to lead on two levels: a relationship with each individual, and the synergy of the team as a whole

Leadership is more than the title. The joy now comes from the work itself: taking on more challenge and being responsible for more.

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises.

Emotional & Intuitive Intelligence

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

We navigate the world with more information than we realize — we just haven't always been taught how to read it. In this workshop, we explore three interconnected layers of intelligence that, used together, transform how you lead, communicate, and connect.

Participants will explore:

- Emotional intelligence: the ability to truly see people — to put yourself in their shoes without needing to agree, and to understand that it's not just what we say but how we say it. People's reactions often carry emotional layers beneath the surface, and emotionally intelligent leaders know how to recognize and respond to what's really there.
- Intuition: your inner knowing — that quiet voice beyond the practical and the provable. This is not the nervous system; it's something deeper. Learning to trust yourself, to honour the signal beneath the noise, and to hear the guidance that's already inside you.
- Body signals: how emotions and intuition show up physically — butterflies, tightness, a sense that something is off — and how to read these sensations as data rather than something to push through. The body knows; this workshop teaches you how to listen.

Together, these three layers are the art of navigating leadership and life in a more mature, aware, and connected way — rooted in the brain–body connection and the quiet wisdom that's already inside you.

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises.

Finding Your Purpose: A Workshop to Reconnect with What Matters Most

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

What really lights you up—beyond job titles, daily routines, or what you *should* be doing?

This guided workshop invites you to slow down and explore what purpose means to you. Through thoughtful reflection, simple meditation, and guided journaling, we'll help you reconnect with the values, traits, and experiences that make life feel meaningful.

Participants will learn:

- Define what purpose really is (and isn't)
- Understand why we lose our sense of purpose

- Reflect on your energy, identity, and values
- Explore small ways to realign with what matters

No pressure to have all the answers—just space to pause, reflect, and begin. Come as you are. All ages and backgrounds welcome.

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises.

You Are Creative: A Workshop to Unlock What's Already Inside You

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

Creativity isn't just for artists—and you don't have to paint, sing, or sculpt to be creative. Creativity is a teachable skill, a soft skill, and most importantly, something you already carry within you.

Explore what it really means to be creative, how to reconnect with your inner voice, and how to express ideas with confidence and ease. Whether you're solving problems, designing, writing, reinventing, or just seeking inspiration, this session will help you access your creative energy.

This isn't about creating for perfection or applause. It's about trusting yourself, creating from the inside out, and sharing what's true to you.

Participants will learn:

- Are you creative? If not—why not?
- What have you created lately?
- Can creativity be learned like yoga or focus?
- How to talk to your "inner creator" – finding space to create

Whether you're building something tangible or simply want to process your thoughts and emotions in new ways, this workshop offers space to experiment, reflect, and let your heart sing—free from rules and pressure.

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises.

The Future of Corporate Well-being – "Co-Create to Motivate"

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

Gone are the days when offering a gym membership meant you had a wellness program. Employees today expect more—and the younger your workforce, the higher the bar. Well-being is no longer just about exercise and healthy eating. True balance comes from supporting all six areas of health: physical, mental, emotional, spiritual, social, and environmental.

This workshop explores a modern, inclusive approach to workplace well-being—one that's customizable, meaningful, and actually used by your team. Whether you have a small budget or a robust program, you'll learn how to build something people want to participate in.

Participants will learn:

- What the six areas of well-being really mean in the workplace
- Why one-size-fits-all wellness often fails—and what to do instead
- How to gain buy-in from leadership and stakeholders
- Practical, budget-friendly ways to co-create and improve employee well-being

This isn't about fancy apps or marketing campaigns—it's about impact, sustainability, and employee voice. When done right, well-being programs can make people feel better *and* move business forward. Let me show you how.

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises.

Wellness & Community: Finding Your Own Recipe for Wellbeing

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

This interactive session explores wellbeing as something personal, practical, and always evolving. Participants are introduced to a broader understanding of wellness through six key dimensions of health: physical, mental, emotional, social, environmental, and purpose - helping expand the conversation beyond the usual focus on just exercise or healthy eating.

The workshop also explores why wellbeing is a journey, not a destination, and how your personal "recipe" will naturally change over time through different seasons of work and life. From there, the session looks at the role of self-awareness, community, and workplace connection - showing how understanding your own needs can help you build healthier relationships, communicate more effectively, and feel more supported in the environments around you.

Participants will learn:

- How to understand wellbeing through six interconnected dimensions of health
- Why wellbeing is an ongoing journey that requires flexibility and self-awareness
- How your personal wellness needs change over time through different life and work transitions
- Why community, empathy, listening, and flexibility are essential to healthy workplace relationships
- Includes guided reflection and partner discussion to help participants connect, share perspectives, and explore what supports their wellbeing most.

This session includes audience experiences such as guided reflection, partner discussion, and interactive conversation.

The Tired-To-Do-List Junkie / Cognitive Overload

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

This practical session blends productivity, brain science, and wellness-informed time management strategies to help you rethink how you structure your time—at work and at home.

This approach isn't just about getting more done. We'll share why energy-aligned planning matters, and how to map out your week with both balance and intention. You'll leave with your very own to-do lists—customized for work *and* life—that actually feel good to follow.

Participants will learn:

- How brainwaves affect focus, creativity, and stress
- The difference between passive vs. active downtime
- A weekly planning method for both work and personal life
- How to build realistic, doable lists that align with your energy

Includes a full integrated worksheet and plenty of space to reflect, share, and reconnect with what makes your days feel successful, not just busy.

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises.

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6 Types of Burnout: Do You Know the Type You Have?

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

Burnout isn't just about working too hard—and most common advice doesn't actually help. That's because there isn't just *one* type of burnout. There are six distinct types, each with its own root cause and emotional impact. What drains one person may have zero effect on someone else.

In this eye-opening workshop, we'll explore the six core burnout types and help participants identify which one(s) they may be experiencing. With this clarity, we can finally stop blaming ourselves—and start applying the right strategies to feel better, faster.

Participants will learn:

- The 6 distinct types of burnout (and how to spot them)
- Why generic self-help advice often doesn't work
- How to identify the root cause of your personal burnout
- Targeted, doable steps to recover based on your burnout type

This session is about self-awareness, not self-blame. You'll leave with personalized insight and real tools to start feeling more energized, focused, and in control.

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises.

You Are How You Breathe

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

Breath is one of the most underused yet powerful tools for well-being. This session introduces participants to the science and practice of breath awareness, exploring how different patterns impact our nervous system, stress response, and mental clarity. Through guided techniques, we'll learn how to shift into a more relaxed state—simply by adjusting our inhale, exhale, and pauses.

Rooted in yoga therapy principles, this is not about pushing or performing. It's about reconnecting with your body in a safe, accessible way that works for all ages, all body types, and all fitness levels - even while recovering from an illness. A workshop everyone can benefit from.

Participants will explore:

- The 7 ways to check in with their breath
- Deep, slow, and long breathing practices

- The connection between breath and nervous system states
- Easy breathing exercises like humming, pursed lip breathing, and more

Whether you're new to learning breathing techniques or just need a reset, this session helps you slow down, self-regulate, and leave with real tools for everyday calm.

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises.

Self Care 101

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

Don't let social media fool you—self-care isn't just bubble baths and detoxes, and it's definitely not only for women! This interactive workshop redefines self-care as a foundational practice—not a luxury. Participants will explore what self-care really is (and what it isn't), the psychological and physical benefits, and how to overcome barriers like guilt, time, and motivation.

Participants will explore:

- The 5 Do's of Self-Care: live healthy, eat well, sleep, move, and de-stress
- Why basic habits like hygiene, connection, and relaxation matter
- How to identify personal roadblocks and create a realistic plan

To bring these ideas to life, the experience includes guided breathing, journaling, and a hand massage—ensuring everyone walks away with tangible, feel-good tools.

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises.

Mindfulness 101

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

This session introduces the foundations of mindfulness by exploring what it really means to be present. Participants will learn how mindful awareness helps calm racing thoughts, reduce stress, and create more space to respond—rather than react—to life's challenges. We'll also look at the history of mindfulness, where it came from, and how it's backed by modern science.

Participants will learn:

- What mindfulness is (and isn't), and where it originated

- How "monkey mind" works and why presence matters
- Simple strategies to come back to the moment using your senses
- The real-life brain benefits of daily mindfulness

This is a practical, no-pressure space to explore presence, attention, and awareness—even if you think you "can't meditate."

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises.

Mindfulness 102

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

This follow-up session dives deeper into how mindfulness works in the body, mind, and breath. We'll address the most common barriers to starting a practice—like overthinking, busy schedules, and unrealistic expectations—and offer strategies to make mindfulness more doable and sustainable.

Participants will learn:

- How to overcome typical roadblocks like "my mind is too busy"
- Techniques for body-mind awareness through breathing
- Tools to improve focus and reduce reactivity throughout the day
- Ways to bring mindfulness into your everyday routine

This session is ideal for anyone wanting to move from understanding to actually practicing with greater ease and confidence.

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises.

Workplace Online Cooking Classes

Length: 30 or 60 minutes
Format: Virtual only

Take a healthy break that nourishes both body and connection. These interactive online cooking classes are designed for busy teams who want to eat well, feel inspired, and save time in the kitchen. Each session focuses on simple, delicious, gluten-free meals or snacks—with options that are vegetarian, dairy-free, nut-free, or vegan. Whether you cook along live or just watch, everyone walks away with fresh ideas and practical tools for real life.

Participants will:

- Choose from 21 diverse recipes suitable for home or work
- Receive a grocery list ahead of time to prep with ease
- Learn allergy-conscious tips and substitutions
- Get a downloadable recipe card after the session

Explore all dishes and book your session at:👉 www.welloga.space/online-cooking-classes

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THE THOUGHTFUL SLOWDOWN SERIES 8 WORKSHOPS

Full suite of 8 workshops or enjoy a single that talks to your needs

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1. Slowdown Superstar

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

Understand the connection that stress has to the body and mind. This session is a gentle introduction to mindfulness and self-awareness, offering space to explore how your mental state is always shifting—and why that's completely normal. You'll be reminded that you're not alone in your challenges, and that step one in any healing journey is giving yourself permission to be human.

Participants will learn:

- How pain and stress show up differently in the body—and why both matter
- How to recognize when you're present versus reactive or distracted
- The science behind meditation and why it's more than just "sitting still"

- How yoga philosophy (including the gunas and breathwork) supports emotional balance

All are great combined with a matching yoga class to integrate the learning (active, passive, or mixed). To do this, the session must be 90 minutes.

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises + worksheet.

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2. Tranquility Toolbox – 7 Tools to Combat Stress

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

Learn some quick tools to feel better now—using yoga as a powerful form of stress management. This session highlights that yoga is not just movement. It also includes breathing, meditation, and healthy ways to look at life. Each tool in this toolbox is viewed through a physical, mental, and emotional lens, so everyone walks away with immediate, useful strategies to feel better fast.

Participants will learn:

- 7 ways to combat stress
- How each of the 7 tools supports physical, mental, and emotional health
- The ancient science behind where these tools come from
- How to apply each tool in real time during the session—and take it with you

All are great combined with a matching yoga class to integrate the learning (active, passive, or mixed). To do this, the session must be 90 minutes.

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises + worksheet.

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3. Finding Your Middle Ground – Be More Productive, Not Less

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

Developing self-awareness is the first major skill learned when slowing down. This session explores how the pace we're taught to maintain often disconnects us from ourselves. By learning to pause, observe, and shift our energy intentionally, participants gain tools to reduce stress and reconnect with the simple joys of life.

Participants will learn:

- How slowing down improves clarity, awareness, and emotional balance

- The difference between human and animal instincts—and how both affect stress
- Yogic principles of energy channels (ida and pingala) and their connection to breath
- A simple practice to help calm, cool, and reset the nervous system

All are great combined with a matching yoga class to integrate the learning (active, passive, or mixed). To do this, the session must be 90 minutes.

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises + worksheet.

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4. Boundaries, Support & Empowerment

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

We don't always feel we have the option to slow down. Life moves fast, and responsibilities are real—but that doesn't mean you can't reclaim space to breathe. This session explores how creating healthy boundaries, finding the right kind of support, and building a sense of personal empowerment can help you slow down with confidence and clarity—even in the middle of a full schedule.

Participants will learn:

- The difference between mental, physical, emotional, energetic, and material boundaries
- Discover multiple ways to find support and what healthy support looks like
- How slowing down actually strengthens focus, clarity, and resilience
- How to feel empowered in all areas of your life

All are great combined with a matching yoga class to integrate the learning (active, passive, or mixed). To do this, the session must be 90 minutes.

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises + worksheet.

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5. Rest & Digest: Nervous System 101

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

Look at your nervous system and understand what's happening to you anatomically. It's often the missing piece when it comes to understanding your stress response. In this eye-opening session, we'll explore what parts of your system are automatic, what you *can* influence, and how to work with your body—rather than fight against it. You'll learn to focus your energy where it counts and stop beating yourself up for being human.

Participants will learn:

- The basic structure and function of the nervous system
- How yoga supports vagus nerve tone and calms the stress response
- The difference between reactive (reptilian) and regulated (mammalian) states
- Practical movement and breath tools to strengthen your relaxation response

All are great combined with a matching yoga class to integrate the learning (active, passive, or mixed). To do this, the session must be 90 minutes.

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises + worksheet.

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6. Yoga Bliss: Why Yoga Makes Us Feel So Good

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

Learn five ways to trigger your "rest and digest" mode—and experience each one through movement, breath, and sensation. This is one of the most physical workshops in the series, based in yoga therapy and designed to leave you feeling grounded, safe, and renewed. You'll discover how yoga can be used daily to gently shift your mental and physical state, helping you feel more energized, more focused, or more calm—whatever you need most.

Participants will learn:

- How breath and safety work together to signal relaxation in the body
- How mantra and sound can support focus, rhythm, and nervous system regulation
- The importance of intentional touch (self or supported) in calming the body

- How movement done mindfully can shift energy and reduce internal tension

All are great combined with a matching yoga class to integrate the learning (active, passive, or mixed). To do this, the session must be 90 minutes.

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises + worksheet.

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7. Sticky Patterns: Overcoming Change Gently

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

Slowing down is a big part of managing stress—but so is facing the habits and comforts that quietly drain our energy. In this workshop, we explore the other side of stress: the sticky patterns that keep us feeling stuck. You'll learn a gentle, 7-step framework for managing change in a way that's flexible, realistic, and rooted in self-awareness—not pressure.

Participants will learn:

- The 7 core steps for understanding and shifting old habits
- How values, motivation, and small steps all play a role in sustainable change
- How to stay flexible and avoid the all-or-nothing trap
- How to make change feel doable instead of overwhelming

All are great combined with a matching yoga class to integrate the learning (active, passive, or mixed). To do this, the session must be 90 minutes.

This session includes audience experiences such as short movement, breathing, meditation, and/or relaxation exercises + worksheet.

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8. Gut Feelings: Understanding and Managing Your Emotions

Length: 45 | 60 | 90 minutes
Format: Virtual or In-Person

Emotions are complex—but they don't have to feel impossible. In this integrative session, we break down the fundamentals of emotional awareness so you can better understand what you're feeling, why it's showing up, and how to move through it with more grace and less reactivity. Through breath, movement, and reflective tools, you'll reconnect with your inner landscape and learn to respond instead of react.

Participants will learn:

- How to be present and aware—and why it matters for emotional regulation

- How your emotional heat map connects physical sensations with experience
- The 5 Kleshas and how ego, fear, and conditioning shape your reactions
- How your environment, preferences, and nervous system influence how you feel and respond

All are great combined with a matching yoga class to integrate the learning (active, passive, or mixed). To do this, the session must be 90 minutes.

This session includes audience experiences such as movement, breathing, meditation, and/or relaxation exercises + worksheet.
