



WELLOGA.

BOOK NOW!

GROUP WELLBEING TALKS & EXPERIENCES

Corporate Wellness Speakers | Workshops | Classes | Programs



How We Help You...

We Create Corporate Wellbeing strategies and programs, host events and book speakers.

You can choose from over 100 experiences virtually and in-person.

We cover 6 areas of health: physical, mental, emotional, social, environmental and spiritual.

We are a group of 40 professional speakers and teachers.

Talks, workshops, and classes are available.

Looking for a wellness program for your team?
Or a disruption for your annual conference?

Let us know we are here to help and make this both effective and fun!

Leadership-focused talks marked ***
However, all content is applicable to all levels of employees.

Formats vary. Movement classes 30-60 minutes.
Talks 45-60 mins. Workshops 1-2 hours. Flexible.

Schedule a call to discuss, organize and book we do all the work!
www.welloga.space | jennifer@welloga.space

MOVEMENT

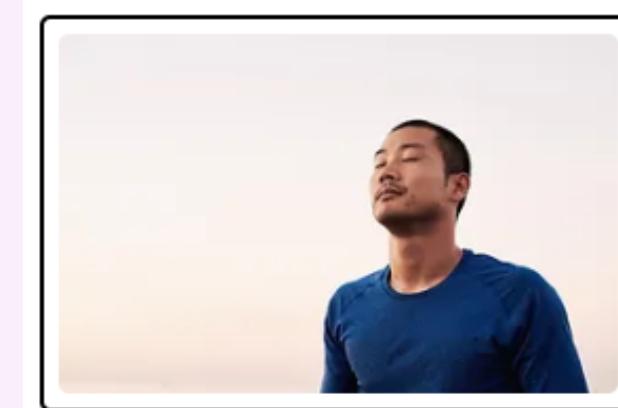
Physical Health



- 1a.** Yoga – Beginner
- 1b.** Yoga Flow – Level 1/2/3
- 1c.** Yoga – Restorative
- 1d.** Yoga – Meditation in Motion
- 1e.** Pilates
- 1f.** Fitness
- 1g.** Qigong
- 1h.** Desk Stretches & Mobility
- 1i.** Animal Flow

BREATHE/CALM

Physical Health



- 2a.** Pranayama Life Force
- 2b.** You Are How You Breathe
- 2c.** Self-Massage & Screen Fatigue
- 2d.** Mandala Doodling for Focus
- 2e.** Earthing, Grounding, & EMFs
- 2f.** Joy Facts: Science 4 Savoring Life
- 2g.** Somatic Breathwork
- 2h.** Sound Bowl Session

NUTRITION

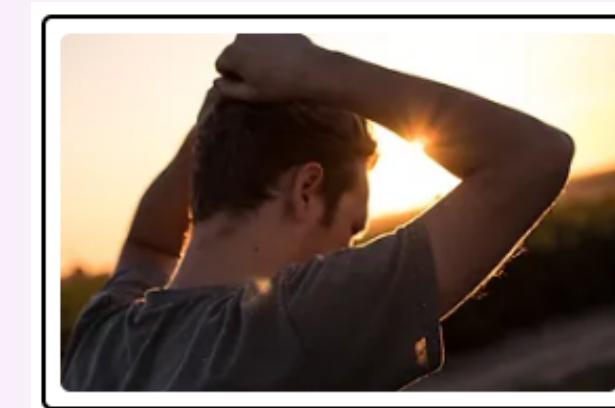
Physical Health



- 3a** Online Healthy Cooking Classes (21 options)
- 3b.** Food and Mood
- 3c.** Eating for Longevity: Vibrant Aging (Chinese Medicine)
- 3d.** Intuitive Eating (Ayurveda M.)
- 3e.** High Protein Diets
- 3f.** Meal Planning and Prepping
- 3g.** Mocktail Mixology
- 3h.** Grocery Store Shopping Tips
- 3i.** Fad Diets Do's and Don'ts
- 3j.** Herbs for Stress Reduction
- 3k.** Living Longer: Learn from the Blue Zones
- 3l.** Relationship with Food: a complicated Reality

AWARENESS

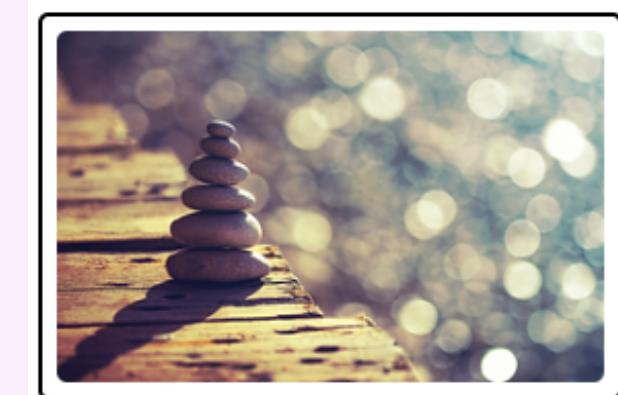
Mental Health



- 4a.** GUIDED MEDITATION
- 4b.** The Importance of Meditation
- 4c.** Magic "Get Mentally Unstuck"
- 4d.** Mindfulness 101
- 4e.** Meditation 101
- 4f.** Self-Care 101
- 4g.** Finding Your Middle Ground: Stress Management
- 4h.** 6 Types of Burnout - What Kind Do I have?
- 4i.** Make Your Own Essential Oil Blend
- 4j.** The Thoughtful Slowdown
- 4k.** Cognitive Fitness : Neurotechnology & AI
- 4l.** Psychology of Influence ***
- 4m.** Creativity Is a Skill

WORD/THOUGHT

Mental Health



- 5a.** High Energy Positive People
- 5b.** Navigating Negative Self Talk
- 5c.** Forgive and Make Space For the Good Stuff
- 5d.** The Vibration of Gratitude
- 5e.** Psychological Safety @ Work ***
- 5f.** Mind Hacks for Life & Health Challenges
- 5g.** Flow and Productivity
- 5h.** Storytelling/Storytelling in Leadership ***
- 5i.** Managing Mental Load and Sustainable Performance
- 5j.** Confidence Built Through Preparation
- 5k.** Gold Medal Mindset for Business
- 5l.** Reframe & Rewire: Resilience Through Turmoil***



WELLOGA.

HABIT/CHANGE

Mental Health



6a. The Art of Delegating Like a Leader ***

6b. Living Your Leadership Values ***

6c. People-Centric Leadership in the Time of AI ***

6d. Sticky Patterns: 7 Steps to Navigate Change

6e. Make Habits Stick : Habit Loop

6f. Choices and Decisions: Intuitive Intelligence

6g. Resilience to Stress, Adversity and Challenge

6h. Real Time Adaptability

6i. Right-Brain Intelligence: A Conscious Shift ***

6j. Tough Conversations: Science Behind the Psyche ***

6k Choosing Resilience and Purpose

EMOTIONS

Emotional Health



7a. Understanding & Navigating Unconscious Bias ***

7b. Comedy: Motivational Wellness Talk

7c. Gut Feelings An Understanding

7d. Emotional Intelligence: Future of Leadership ***

7e. Healthy Boundaries, Self-Empowerment & Support

7f. Feeling Good About Perimenopause & Menopause

7g. Tranquility Toolbox: Stress Relief Tools

7h. The Creative Page: Art Journaling

7i. Peak Performance: Powerful Mental & Emotional States ***

7j. Understanding Grief at Workk

RELATIONSHIPS

Social Health



8a. Reframing Conversations on Race in 2025 ***

8b. BIPOC Wellness and Cultural Sensitivity ***

8c. One Canadian Indigenous Perspective

8d.Cost Unresolved Conflict ***

8e. Building Trusting Relationships at Work ***

8f. Negotiation Strategies for Building Team Trust **

8g. Coherent Communication: Value and Connection

8h. Active Listening & Strategic

Communications ***

8i. Heart-Centered Leadership: Science & neuropsychology ***

8j. Communication and Influence Across Generations

8k. Confident Leadership vs Control: Leading Under Pressure

LIFESTYLE

Environmental Health



9a. Mastering Your Sleep

9b. Declutter Your Mind, Heart and Computer!

9c. Healthy Furry Friends: Helping Pets with Anxiety

9d. Terrarium Creation Wellness Workshop

9e. Sound Healing Virtual Stereo

9f. AI for Wellness : Stress, Focus and Habits

9g. Lead When You're Not in the Room (Remote/Hybrid team) ***

9h. Aging Parents Caregiver

LIFE PURPOSE

Spiritual Health



10a. Heart Math Teams ***

10b. Do You Believe You Matter?

10c. The Power of Your Inner Story

10d. Spirit Fly: Step Into Purpose

10e. Intention Setting Zone

10f. Vision Board

10g. The Tired To-Do List Junkie (Time Management)

10h. Do You Believe You Matter?

10i. The Power of Wholesome Authenticity

10j. Intelligent Gratitude Culture ***

10k. Find Your Purpose: Reconnect with What Matters Most



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