



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

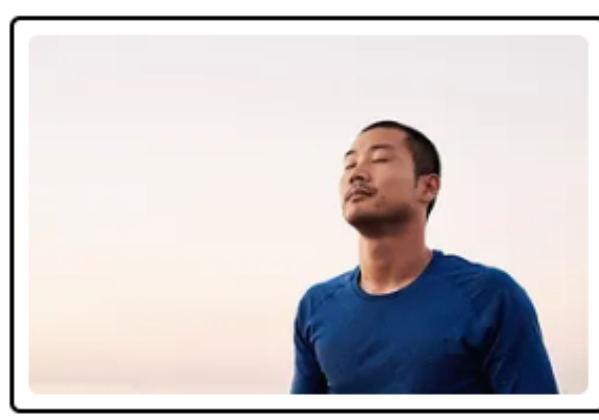
Physical Health



- 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

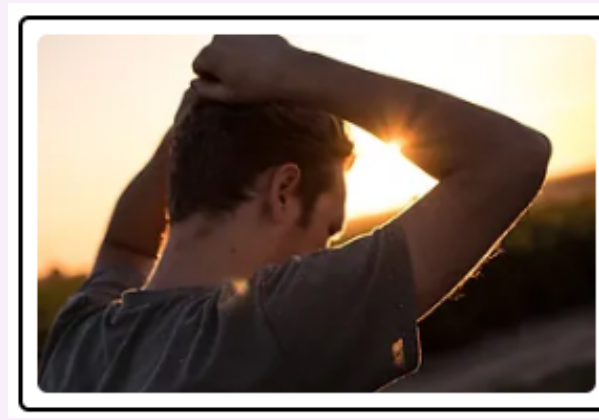
Physical Health



- 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 Managment
- 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



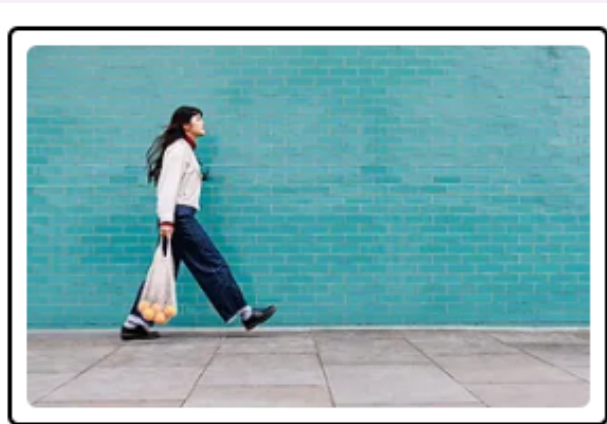
- 5a.** High Energy Positive People
- 5b.** Navigating Negative Self Talk
- 5c.** Forgive and Make Space For the Good Stuff
- 5d.** The Vibration of Gratitude
- 5e.** Psychological Safety @ Work ***
- 5f.** Mind Hacks for Life & Health Challenges
- 5g.** Flow and Productivity
- 5h.** Storytelling/Storytelling 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

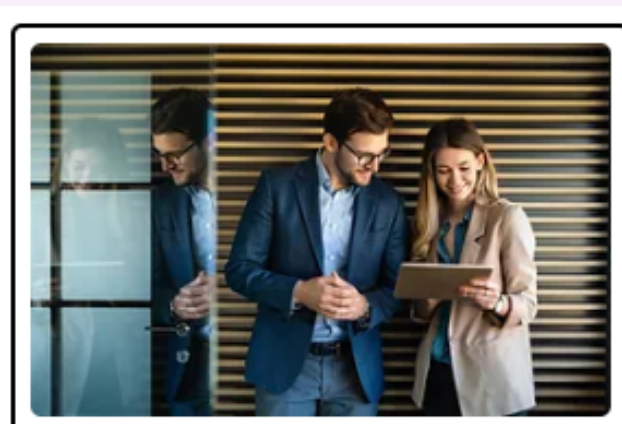
Mental Health



- 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

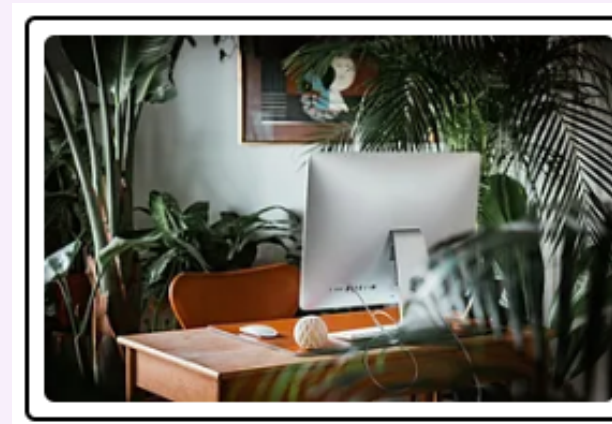
Social Health



- 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

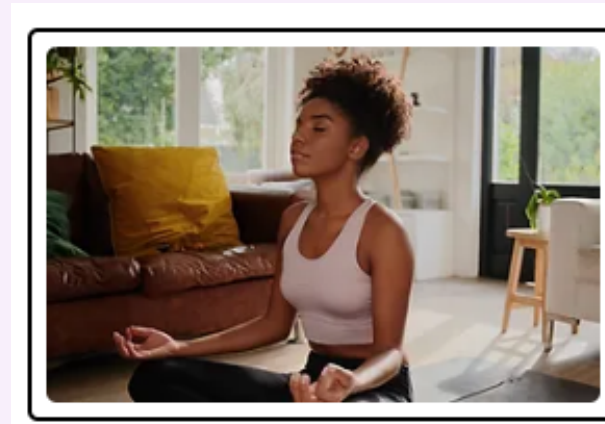
Environmental Health



- 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