

MINDFUL WITH TINA

CORPORATE WELLNESS STRATEGY & CONTENT

THE WORKPLACE RESET PROGRAM

• OUTSOURCED EMPLOYEE WELLNESS PARTNER

A complete employee wellness program — without adding more work for HR.

Mindful with Tina becomes your out sourced wellness content partner, delivering branded, ready-to-share employee resources every month, so your team offers consistent, practical support without building it from scratch.

INCLUDED EACH MONTH

A full wellness campaign, delivered ready to use

Every partnership includes a coordinated set of employee-facing content and manager resources, branded for your organization and built around a monthly wellness theme.



Branded Newsletter

A monthly employee wellness newsletter in your brand.



4 Weekly Emails

Ready-to-send employee wellness emails, every week.



Guided Meditation

A short audio reset practice for the workday.



Printable Worksheet

A worksheet, checklist or reflection tool employees keep.



Wellness Calendar

A simple monthly calendar of practices and prompts.



Manager Resources

Tip sheets that help leaders support their teams.



Teams / Slack / Intranet

Short-form content built for internal channels.



Optional Live Workshops

Virtual or in-person sessions layered onto the program.

// Workplace wellness made practical, personal and ready to share.

PARTNERSHIP OPTIONS

Three ways to bring the Workplace Reset Program to your team

Every tier includes a monthly wellness theme, ready-to-send content and branded resources. Choose the level of support that fits your organization today, and grow into more as the partnership proves out.

RESET ESSENTIALS

\$750 /mo+

Best for teams that want consistent, professional wellness content without live programming.

- ✓ Monthly wellness theme & campaign overview
- ✓ 4 ready-to-send employee emails
- ✓ 1 branded worksheet or checklist
- ✓ 1 guided audio practice
- ✓ 8 Teams / Slack / intranet posts
- ✓ Monthly wellness calendar
- ✓ Your logo, colors & tone applied

MOST POPULAR

RESET ENGAGEMENT

\$1,450 /mo+

Best for organizations that want a fuller campaign, manager support and more ways to participate.

- ✓ Everything in Reset Essentials
- ✓ 2 branded worksheets each month
- ✓ Custom-branded audio practice
- ✓ Monthly mini workbook or challenge
- ✓ Manager tip sheet / leadership guide
- ✓ 12 micro-messages + 4 prompts
- ✓ 30-minute monthly strategy call

RESET PARTNERSHIP

\$2,750 /mo+

Best for employers seeking an ongoing strategic partner with live engagement and reporting.

- ✓ Everything in Reset Engagement
- ✓ 1 live session monthly (virtual or local)
- ✓ Custom-recorded audio each month
- ✓ Expanded workbook / campaign toolkit
- ✓ 20+ micro-messages & signage lines
- ✓ Quarterly pulse survey + summary report
- ✓ Priority scheduling & turnaround

NOT READY FOR A LONG-TERM PROGRAM?

Try the 60-Day Workplace Reset Pilot

Experience the program before committing long-term. A structured, paid pilot built on the Reset Engagement experience.

\$1,100 /mo for 2 months

- 2 coordinated monthly wellness themes
- 8 ready-to-send employee emails total
- 4 worksheets + 2 manager tip sheets
- 2 audio practices & 1 live session
- Kickoff call, wrap-up call & recommendation

FEATURE	ESSENTIALS	ENGAGEMENT	PARTNERSHIP
Weekly employee emails	4	4	4
Employee resources	1	2 + workbook	2 + toolkit
Audio practice	Library	Custom-branded	Custom monthly
Manager resource	—	1	1+
Live session	—	Add-on	1 monthly
Strategy call	—	30 min	45 min + pulse survey

LAYER ON AS NEEDED

Popular Add-On Services

Add a live experience or stand alone project to any partnership, or book one on its own.



Lunch & Learn



Virtual Workshop



Onsite Workshop



Breathwork Session



Chair Yoga



Sound Bath



Employee Wellness Day



Custom Workbook



30-Day Challenge



Mental Health Campaign

Practical



Realistic tools employees can use during a normal workday.

Science-Informed



Credible stress and behavior- change concepts, no overclaiming.

Warm



Written like a calm, capable human, never clinical or preachy.

Professional



A tone appropriate for HR, leadership and healthcare teams.

Ready to bring meaningful wellness to **your** workplace?

Schedule a discovery call and we'll recommend the right starting point, whether that's a single package or the 60-Day Workplace Reset Pilot.

SCHEDULE A DISCOVERY CALL

WEBSITE
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