



Corporate Wellness Overview

Vibrant Women Wellness Counseling – MWBE-Certified

Workplace Wellness Workshops

- Burnout & stress management
 - Work-life integration
 - Women's leadership
- Mental health awareness
 - Resilience & coping

Employee Support Programs

- Group coaching circles
- Short-term counseling
- Leadership development
- Confidence & stress support

Consulting for Leaders & HR Teams

- Strategic wellness planning
 - Addressing turnover
 - Improving engagement
- Inclusive culture strategies

"Healthy, confident employees drive innovation, loyalty, and growth."

- ✓ Increased engagement & retention
 - ✓ Reduced stress & burnout
- ✓ Improved teamwork & morale
- ✓ Stronger leadership pipelines

Let's Build a Thriving Workplace Together

- www.vibrantwoman.me
- Instagram: @vibrantwomennyc
- LinkedIn: Vibrant Women Wellness Counseling

Contact us today to design a customized corporate wellness program for your team.