

WORKPLACE WELLNESS WORKSHOPS
Attract and retain your female talent

She Summits facilitates engaging personal growth and wellness workshops for women and allies in the workplace.

Our workshops offer a simple, unique way for you to support the wellbeing and happiness of your employees and create a space where women feel valued and supported.

Your employees will leave our workshops feeling energized and connected. Your organization will experience lasting benefits, including better team camaraderie, higher productivity and retention, and positioning your company as a place where women want to work.

Did you know...

More women are burnt out than ever before and leaving the workforce at higher rates than men. According to Deloitte, 46% of women felt burned out in 2022 and 53% said their stress levels were higher than a year ago. 29% of women thought about reducing their hours, taking a less demanding job, or leaving the workforce all together.

Investment in wellbeing and safe spaces for women can turn these problems around.

A Harvard Business Review report found that for every \$1 invested in employee wellbeing, corporations save \$4 through greater productivity and improved staff health.

Research by McKinsey shows women want an inclusive culture, access to mentoring and personal development programs, networking, and a commitment to gender parity.

Workshop Options:

- Using Joy as an Antidote to Burnout
- Embrace the Power of Play to Combat Stress
- Unleash Your Confidence: Powerful Tools and Techniques to Boost Confidence
- The Power of Connection

Format and Pricing:

Workshops are typically 60 minutes and offered in-person in BC's Lower Mainland or virtually anywhere. Virtual workshops start at \$750 and in-person workshops start at \$1200 plus travel expenses. Longer workshops available upon request.

About She Summits

We bring 30+ years experience in community building, facilitation, and coaching. We have supported thousands of employees at companies like Wells Fargo, Teck Resources, Fairmont Hotels, Marriott, Fjallraven, TD Canada Trust, Athleta, Tentree, and more.

UNLEASH YOUR JOY WORKSHOP: Using Joy as an Antidote to Burnout

How can we use joy as an antidote to burnout and a building block of wellbeing?

Joy is one of our most powerful emotions. It can lower anxiety, decrease stress, promote heart health, lessen pain, and increase productivity. Joy is an emotional response that is vital to our wellbeing, cognitive functioning, and our performance at work.

Joy is also contagious and that's why it can be so powerful at work - it's a force multiplier that allows teams to set ambitious goals and meet them without burning out.

One of the top amplifiers of burnout is feeling a lack of control. Creating joy is within your control and we're going to show you how.

Participants will walk away from this workshop with:

- Understanding of the proven physical and mental health benefits of joy
- Tools to remove what blocks them from experiencing joy and prioritizing self-care
- Ability to tap into what uniquely brings them joy so they can reap the health benefits
- A joy toolbox and an action plan to realistically implement small and big moments of joy into daily life

Participants will leave feeling:

- Capable of reducing stress
- Refreshed
- Energized
- Connected to themselves and their colleagues

What past participants have said:

"When I leave a She Summits workshop, I feel rejuvenated and ready to face the week. I was driving home from the last workshop with an iced coffee and my music playing, feeling amazing and stress-free. I just found myself smiling and at peace!"

-Sandra Owens, Participant

"She Summits facilitated an "Unleash Your Joy to Thrive" workshop for our community of tech leaders and their teams. They created a warm and inviting space for participants to consider what joy means to them, and everyone left with practical ways to weave joy into everyday moments in work and life. I would highly recommend working with them in creating opportunities for connection and wellbeing!"

-Julia Lee, OneEleven

UNLEASH YOUR PLAY WORKSHOP: Embrace the Power of Play to Combat Stress

Play is critical in our busy lives. It is something that's imaginative, self-directed, intrinsically motivated, and guided by rules that leave room for creativity.

Play is incredibly rewarding and has countless physical and mental health benefits. It has been proven to reduce stress, stimulate your mind, improve memory, boost your immune system and overall wellbeing, increase productivity and energy, and improve relationships.

Reconnect to your sense of play and embrace the power of play to combat stress.

Participants will walk away from this workshop with:

- Understanding of the proven physical and mental health benefits of play
- Ability to reconnect to their sense of play
- Understanding of what play means to them and their unique play type
- Personal play toolbox
- Action plan and accountability and implement micro moments of play into work and life

Participants will leave feeling:

- Capable of reducing stress
- Refreshed
- Energized
- Connected to themselves and their colleagues

What past participants have said:

"She Summits has provided our community with the necessary tools to help individuals grow and make new connections within themselves and their communities. It has been a privilege to partner with Danielle and Laura and share their mission with our community. They were easy to work with and have been beacons of joy every time we are together! I more than appreciate everything that the She Summits team has done for us!"

-Cole Tweed, Fjallraven

"I look forward to the She Summits workshops. It's a chance to learn and have rich conversations with other people who have commonalities and differences, without feeling the pressure to conform or network in the traditional sense. It gives me the chance to share perspectives and get ideas about how I want to show up in my work and life and contribute in my own way. I walk away feeling refreshed, energized, and more connected."

-Anonymous, Participant

**UNLEASH YOUR CONFIDENCE WORKSHOP:
Powerful Tools and Techniques to Boost Confidence**

Confidence is the key to unlocking your full potential and thriving in your professional and personal life. Confidence is essential in the workplace - it empowers you to embrace challenges, communicate effectively, and achieve success.

Confident people are proven to have healthier relationships, be more open to trying new things, are more resilient, and access more opportunities.

Get equipped with practical tools and transformative practices to boost confidence.

Participants will walk away from this workshop with:

- Understanding of what confidence means and looks like to them
- Awareness of the areas they want to build confidence in
- Inventory of their strengths and the ability to leverage them
- Tools and practices to develop a growth-oriented mindset and charisma
- Understanding of how they can build competency to increase confidence and an action plan to do so

Participants will leave feeling:

- Empowered
- Able to increase their confidence
- Energized
- Connected to themselves and their colleagues

What past participants have said:

"She Summits creates an amazing sense of community during their workshops. It feels like an inclusive and safe space to learn and grow without feeling judged or inadequate."

-Laura B., Participant

"Women face many challenges and being part of an organization that's not afraid to ask the hard questions has provided me a space to ask the same of myself and what I need. Being part of this community of incredible women has empowered me to pursue interests I was once afraid to - stand up paddling, singing with the Vancouver Symphony, and recently passing my Project Management Professional Certification. I feel grateful for the inclusion, knowledge, and encouragement She Summits spreads."

-Andi K., Participant

POWER OF CONNECTION WORKSHOP

Human connection is essential in your work and life and can accelerate your professional and personal growth.

Social connection and feeling belonging improve our health and overall wellbeing, increase our sense of fulfillment, and can even help us live longer. Building connections in the workplace can accelerate career development, create more efficient teams, and improve engagement and resilience.

But loneliness and lack of social interaction are at an all-time high post-pandemic. So much so that in 2023, the US Surgeon General declared the loneliness epidemic a public health crisis.

Building connection with others starts with being connected to yourself. Learn transformative practices to deepen connection with yourself, build connection in the workplace, and boost your personal and professional growth.

Participants will walk away from this workshop with:

- Understanding of the importance of connection and how it can be used to improve wellbeing
- Practical tools and techniques to deepen connection with self
- Practical tools and techniques to authentically and effectively build connection in the workplace online and offline
- Understanding of the role of nature in deepening connection to self and others
- Clear action steps and accountability to get started

Participants will leave feeling:

- Refreshed
- Able to build deeper connections with self and others
- Energized
- Connected to themselves and their colleagues

What past participants have said:

“The workshops that She Summits hosts are an absolute blast to attend! They’re always so well organized and the topics are really engaging. But what’s made the experience truly special is the amazing connections I’ve made. Thanks to She Summits, I’m feeling more motivated than ever to actively seek out more joy, wellness, and happiness in my life.”

-Salina S., Participant

MEET YOUR FACILITATORS



Danielle Leroux
Co-Founder and Life + Leadership Coach

Danielle is the Co-Founder of She Summits and a Certified Life and Leadership Coach. She holds a Master of Arts in Communications and prior to She Summits, worked in BC's hospitality industry for close to 10 years.

She is a mentor with WORTH and Futurpreneur and a community builder. When she's not working, you can find her running on Vancouver's seawall or hiking on the North Shore and Sea to Sky trails.



Laura van der Veer
Co-Founder and Mindset Coach

Laura is the co-founder She Summits, a Certified Mindset Coach, Women in Business Mentor, Forest Therapy Guide, and a mom of a 23 year old daughter. Her work has empowered women throughout dozens of companies and industries.

She simply loves nature and human connection. When not empowering and engaging with other ambitious women you'll find her outside mushroom foraging, trail running, capturing photos, and hiking with her dog Bo in her hometown of Squamish.