



## NAMASTE WELLNESS FOR

# Employee Mental Health

Since 2003 Namaste has been delivering world class mental health and wellness programs. We use the below elements to customize an offering for your organization.

### THE PERSONALIZATION

Our virtual one-on-one coaching provides employees access to certified practitioners who help build a personalized plans to meet their challenges.

- ✓ **Nutritional Coaching with Registered Dietitians**
- ✓ **Wellness Coaching with Clinical Social Workers & Wellness Experts**

### THE PRACTICES

Live, virtual, team building fitness and wellness experiences. Customize your companies schedule with Namaste's world-class instructors.

- ✓ **Movement: Cardio & Strength, Pilates, and Vinyasa Yoga**
- ✓ **Stillness: Meditation, Breath Work, and Restorative Yoga**

### THE FOUNDATION

Using the latest research, our series of interactive Masterclasses empowers employees with knowledge and inspiration to help themselves in unprecedented times. Examples include:

- ✓ **Building Healthy Habits**
- ✓ **Food & Mood**
- ✓ **Integrative Stress Management**
- ✓ **Child & Teen Mental Health**

1:1  
Support

Healthy  
Routines

Wellness  
Education

# NAMASTE WELLNESS FOR Employee Mental Health

“ Namaste has been our trusted partner for many years, but they really stepped up to the plate in the wake of COVID-19. Although these are stressful and uncertain times for us all, **these wellness resources have given our employees a sense of comfort and normalcy.** ”

Claire S. - Investment Management Firm, New York, NY



## OUR APPROACH

Organizations need powerful playbook that works to address the challenges of our COVID-19 world. We know that each employee is unique—they learn and connect with information in different ways—and that a combination of education, experiences, and one on one support is the secret to success in unprecedented times.

## A PROGRAM THAT WORKS

Concerned about a successful rollout?  
Wondering how to ensure employee  
participation and ongoing engagement?

We're on your team.

Internal Marketing Toolkit  
Weekly Wellness Content  
Custom Library of Recordings  
Utilization Reporting