



Curated Events from our Expert Speakers

Corporate Wellness
Events and Classes
Employees Are
Excited About



About Mindful Mob

- Las Vegas based corporate wellness company that offers fully customizable on-site and virtual wellness classes and events all over the US + world.
- We offer a roster of corporate programs offered as one off events as well as weekly or Bi-weekly ongoing classes.
- We love to hire the best people and match their unique expertise with our clients, whether you're a uniform manufacturer in California, dental insurance company in AZ, a Cyber Security Firm in Canada, or a global cosmetics corporation - We got you covered!



50+

wellness experts across the US and growing



20+

customizable wellness classes and events offered onsite, remotely or hybrid



700+

Classes offered at companies in 2024 - we have the experience you're looking for.

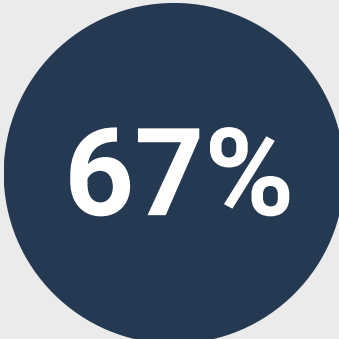


50,000+

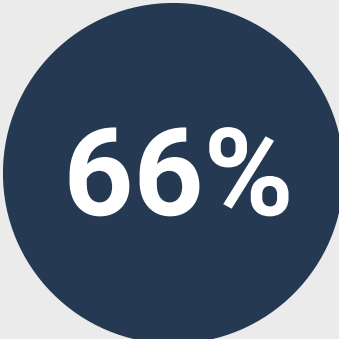
Employees have received wellness tools to combat stress, overwhelm, burnout & more in 5 years

International Foundation of Employee Benefit Plans - Case Study

According to IFEBP's study of Employers Offering Wellness Programs



Reported Increased Employee Satisfaction



Reported Increased Productivity



Reported Decreased Absenteeism

Why is Corporate Wellness Important?

3 hrs

On Average, US employees are productive less than 3 hours a day

61%

Of employees are burned out on the job

66%

Of US Employees are actively disengaged from their job

An actively disengaged employee costs an organization \$3,400 for every \$10,000 of salary, or 34%.

89% of employees at companies that support well-being are more likely to recommend their company as a good place to work

Of employees polled, 61% agreed they have made healthier lifestyle choices due to their company's wellness program



Source: <https://sandiegowellnesssource.com/why-choose-corporate-fitness>

Curated Employee Wellness Events from our Expert Speakers

Classes can be offered as a Monthly Calendar or bought one-off or ala-carte.





Motivate and engage your team with expert-led wellness sessions on a variety of impactful topics. Designed to inspire personal growth and improve well-being, these events provide valuable insights and practical tools for fostering a healthier, more balanced work environment.



JANUARY	GRATITUDE, GOALS, AND VISION BOARDING New Year 45-55 min
FEBRUARY	HAND PAN WITH POEM FOR RELAXATION Valentine's Day 30-45 min
MARCH	WELL AT WORK: TIPS FOR REST & RESET Employee Appreciation Day 45-55 min
APRIL	EARTH APPRECIATION + SOUNDBATH Earth Day 30-55 min
MAY	HOW YOUR MIND WORKS ON MEDITATION Mental Health Month 45-55 min
JUNE	CREATING AN INCLUSIVE WORK ENVIRONMENT + JUNETEENTH CONVERSATION Juneteenth 55 min

JULY	RADICAL SELF-CARE Self-Care Month 45-55 min
AUGUST	INTUITIVE EATING FOR HIGH ACHIEVERS Summer Reset Month 45-55 min
SEPTEMBER	LEADERSHIP PHILOSOPHY & CORE VALUES Leadership and Teams Month 55 min
OCTOBER	POWER OF WORDS TO TRANSFORM YOUR MINDSET Cancer + Health Awareness Month 45-55 min
NOVEMBER	SET YOUR LIFE FOR SUCCESS Thanksgiving 45-55 min
DECEMBER	SAY NO TO STRESS + SOUND BATH Holiday Season 30-55 min

PRICING

Virtual: \$600

In-person one-off events: inquire for quote

ADDITIONAL CLASS OPTIONS

Myofascial Release - Face Yoga (55-min)

Time Management and Mindset (55-min)



Description of wellness events provided upon request.

Email at melody@mindfulmob.com for more info.



WE LOOK FORWARD TO EMPOWERING YOUR TEAM TO LIVE LIFE WELL!

THANK YOU!



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