



## For Teams Workshops

Wellness experiential learning sessions with a self-care focus at an off-site retreat to develop leadership health competencies.



## WELLNESS WORKSHOPS + HEALTH PROGRAMS

Extraordinary workshops with optional add-on health programs to relaunch in-person conversations and rebuild business discussions with a focus on physiological and emotional health.

### DESTRESS & BEST SLEEP

Coping with stress, achieve quality sleep

### DETOX & HEALTHY WEIGHT

Preventing diabetes and heart diseases

### HORMONE BALANCE & ANTI-AGING

Menopause and andropause, health and work performance

### SAMPLE HALF-DAY EXECUTIVE RETREAT

Breakfast or lunch to start your session  
Board room session led by Dr. Elaine Chin and team  
Workbooks included for optimal learning  
Round of golf (optional afternoon)



Fees: Customized based on needs

[CONTACT US FOR A CONSULTATION](#)