

Come Stressed, Leave Refreshed

Team Restoration Journeys

The space to connect, breathe, restore, and continue.

Trusted by mission-driven organizations across education, nonprofit, and corporate communities.



The Experience

The people on your team show up every day with their whole hearts. These experiences create space for them to be restored, supported, and equipped with tools to sustain the work they love. Each one is customized to the needs of your organization.

Where We Begin

The Restoration Journey: Come Stressed, Leave Refreshed – 60 Minutes

A curated soundscape experience using singing bowls, tuning forks, and other instruments scientifically proven to calm the nervous system and restore the body and mind.

- Grounding opening and welcome
- Guided intention setting
- Sound bath immersion
- Integration and closing

Outcome: Teams leave refreshed, more focused, more creative, and better connected to each other.

Nonprofit: \$500–\$700 · **Corporate:** \$700–\$1,000

The Compassion Reset: Understand. Restore. Return. 60–90 Minutes

An expanded experience that goes beyond restoration — combining education, practical tools, and sound healing for teams navigating burnout and compassion fatigue.

- Connection opener
- Compassion fatigue and burnout education
- 2–3 daily stress management practices
- Sound bath closing

Outcome: Teams leave with a shared language for burnout, practical daily tools, and a reset they can feel and bring back to their work.

Nonprofit: \$600–\$800 · **Corporate:** \$900–\$1,200

Why It Matters

- **76%** of employees report experiencing burnout at work (Deloitte).
- Burned-out employees are **2.6×** more likely to seek new employment (Gallup).
- Organizations that prioritize employee well-being see stronger retention, engagement, and productivity outcomes (Harvard Business Review)
- Strengthening connection and well-being supports leaders, teams, and performance outcomes together (Deloitte, Work Better Together).

PERMISSION TO PAUSE™ COLLECTION

Engagement Details



What's Included in every session

- Pre-session consultation
- Customized experience design
- Facilitated restoration journey
- Sound immersion elements
- Reflection and integration practices
- Leadership strategy resources

Optional Add-ons

- Burnout Mini-Assessment
- Reflection Journals
- Affirmation Station
- Extended Sound Bath
- Team Coaching Package
- Quarterly Engagement Plan

More than 25 team members will be split into two sessions.
In person & virtual options available.

Ideal For

Nonprofits – Mission-driven & high impact organizations – Education and school staff
Healthcare and Social Services – Staff appreciation days – Leadership gatherings
Team development days – Conference breakout sessions
Organizational reset moments – Staff wellness programs

READY TO GO DEEPER?

SUSTAIN™ — Beyond the Pause

For organizations ready to move beyond single sessions into sustained impact.

Half Day & Full Day Experiences

Expanded team experiences with pre-session surveys, team cohesion activities, leadership sustainability insights, and a full sound journey closing.

Ongoing & Organizational Strategies

Quarterly engagement plans, leadership development sessions, 1:1 or group coaching, and workplace sustainability assessment and design.

Custom pricing for all SUSTAIN™ experiences

Facilitated by Renisha O'Donnell, M.Ed.

Renisha believes that pausing is a necessary part of sustaining the work. That belief is at the heart of every experience she facilitates.

Workplace Sustainability Strategist
Certified Leadership Coach & Burnout Specialist
Certified Sound and Vibrational Therapy Practitioner
20 Years of Leadership Experience



Let's Connect

 calendly.com/renishaodonnell

www.workliferen.com