



WORKLIFE RENAISSANCE™

PERMISSION TO PAUSE™

Team Restoration Journeys

Come Stressed, Leave Refreshed

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

The Experience

The people on your team show up every day with their whole hearts. Permission to Pause™ creates intentional space for restoration, connection, and practical learning that supports their well-being and the work they do. Each experience is thoughtfully curated to meet the needs of your organization.

THE RESTORATION JOURNEY | 60 MINUTES

Come Stressed, Leave Refreshed

A restorative sound experience designed to help employees step away from daily demands, reconnect with themselves, and enjoy a moment of intentional rest.

- Grounding welcome and intention setting
- Guided relaxation
- Immersive sound bath
- Reflection and closing

Intended outcome: Participants have an opportunity to release tension, feel refreshed, and return to their day with renewed focus.

THE COMPASSION RESET | 90 MINUTES

Understand. Restore. Return.

An interactive team learning and restoration experience that explores burnout, compassion fatigue, and the workplace conditions that influence employee well-being. Through guided reflection, practical strategies, and restorative practices, participants strengthen their awareness of personal and collective approaches to sustaining their work.

- Team connection and reflection
- Burnout and compassion fatigue education
- Workplace sustainability and capacity check-in
- Practical strategies for managing stress and supporting one another
- Restorative sound bath closing

Intended outcome: Participants leave with a shared understanding of burnout, practical tools for daily application, and greater awareness of how individuals, teams, and workplace conditions contribute to sustainability.

WHY IT MATTERS

Burned-out employees are 2.6 times more likely to actively seek another job. (Gallup)

Strong workplace relationships are associated with greater job satisfaction, engagement, and employee retention. (Deloitte)

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Who We Serve & Beyond the Pause

WHO IT'S FOR

Permission to Pause™ experiences are designed for teams whose work involves leading, teaching, caring, serving, and supporting others.

Nonprofits and mission-driven organizations • Schools and education teams • Healthcare and social service professionals • Corporate and leadership teams

Ideal for professional development, workplace wellness initiatives, conferences, and organizational resets, staff appreciation, team gatherings.

READY TO GO DEEPER?

SUSTAIN™ — Beyond the Pause

A single experience can create meaningful space to pause. Sustaining people and teams also requires attention to the way work happens every day.

For organizations seeking continued support, SUSTAIN™ offers half-day and full-day team experiences, leadership development, and ongoing workplace sustainability consulting.

ABOUT WORKLIFE RENAISSANCE™

WorkLife Renaissance™ is a workplace sustainability and organizational consulting company that partners with nonprofits, schools, and mission-driven organizations to strengthen the conditions that help people and organizations do their best work.

Through leadership development, team restoration, and organizational consulting, we help organizations care for their people while sustaining the work that matters.

MEET THE FOUNDER

Renisha O'Donnell, M.Ed.

Leadership & Workplace Sustainability Consultant

Sound Vibration Therapy Practitioner

Facilitator of Transformative Spaces



LET'S CONNECT

Let's talk about what your team needs and how we can support the work ahead.

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People sustain the work. The workplace has to sustain the people back.