

SUPPORTING HEALTHIER, MORE PRODUCTIVE TEAMS

CORPORATE HEALTH & WELLNESS PARTNERSHIP



**CURIOUS &
CREATIVE LAB
NETWORK**

WWW.CURIOUSANDCREATIVELAB.CA

DRS@CURIOUSANDCREATIVELAB.CA

TORONTO, ON, CANADA



PRODUCTIVE TEAMS NEED

Emotional

Mental

Physical

RESILIENCE



**We are one integrated partner
for healthier, more
productive teams**

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WHY PARTNER WITH US

Unique Approach and Clear Benefits

- **Science-backed content:** We translate health science into clear, practical guidance your teams can use daily.
- **Customized learning experiences:** Programs tailored to your employee group and goals.
- **Engagement-centric delivery:** Interactive workshops that encourage curiosity, learning, and real application.
- **Versatile topics:** From brain health and lifestyle balance to metabolic health and resilience building across life stages.



PARTNERSHIP MODELS

- Pilot Programs
- Quarterly or Annual wellness partnership
- Custom programs for leadership, teams, or entire workforce

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If your goal is sustainable wellbeing rather than one-off initiatives, we can support that.

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WHAT THIS PARTNERSHIP DELIVERS



**Without practical,
science-based guidance,
many wellness initiatives
fail to create
lasting change.**

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WHO WE ARE

A SCIENTIST-LED HEALTH & WELLNESS INNOVATION LAB

We design evidence-based, team-centred programs that translate rigorous health science into practical, engaging experiences for real workplaces.



MEET THE FOUNDER & CEO

Dr. Shilpi Gupta is a Canadian scientist and knowledge translation expert, speaker and author with decades of experience in basic and clinical research. She founded Curious & Creative Lab to translate health science into practical, engaging programs that support healthier individuals, teams, and communities across all stages of life.



Small Investment & lasting
benefits to
YOU



STRONGER TEAMWORK

02

More satisfaction and engagement in work

03

Fewer sick days, lower absenteeism

HEALTHIER WORKFORCE

BETTER ATTENTION & FOCUS

06

Improved productivity and decision-making

07

Enhanced collaboration and communication

HIGHER ENGAGEMENT

REDUCED INSURANCE COST

10

Employees participate actively in initiatives

11

Employees feel supported and stay longer

SUSTAINABLE PERFORMANCE



Small Investment & lasting
**benefits to
YOUR Staff**



Program 1

RESILIENT MINDS AT WORK

Emotional Health, Stress & Digital Overload

Key outcomes for team

- Improved stress management and burnout prevention
- Greater focus and reduced digital and mental fatigue
- Stronger emotional regulation and resilience
- Sustained productivity, engagement, and team performance



Program 2

BUILDING A HEALTHIER WORKFORCE

Building Physical Health

Key outcomes for team

- Practical tools for daily wellbeing
- Awareness of sustainable habits
- Awareness of body changes across life stages
- Emotional resilience through physical health



*Small Investment &
lasting impact*

**Leaders who invest in clear,
credible health education see
higher engagement and trust**

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CONTACT US

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THANK YOU



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