

WORK WELL TRAININGS



**Advanced
Corporate Wellness**

www.acwcoaching.com

WORK WELL FOUNDATION TRAININGS

Choose one of the following as your free initial workshop. Then include the rest in your Wellness Workshop Series.

Time to Take Care

Tools for time, energy & task management that make space for self care.

Protect, Reset, Recharge

Simple strategies for stress management & healthy boundaries at home & at work.

Mental Health Unlocked

Lifestyle essentials for putting mental health on autopilot.

The Lost Art of Mental Rest

Creating internal peace, mindfulness, and training your brain's relaxation response.

PERSONAL HEALTH & WELLNESS WORKSHOPS

Doable, Enjoyable Health & Wellness

Introduction to the sustainable lifestyle approach for healthy living taught in Danielle's book, *If Diets Don't Work, What Does? A Doable Enjoyable Guide to Living the Life You Want.*

The Art & Science of Habit Change (Part I, II, and III)

Three empowering frameworks for building healthy habits.

Part I: **Personal Readiness for Doable Change**

Part II: **Leveraging the Habit Loop**

Part III: **Supporting the Changes You Make**

Maximizing the Power of Sleep

How to prioritize and improve sleep quality & quantity for optimal health & peak performance.

Upgrading Nutrition

Basic principles of disease-fighting nutrition with simple shifts that make all the difference.

Enjoyable Exercise

Breaking down mental & emotional barriers to exercise and finding ways you can enjoy more movement!

Personal Reflection Practice

How to dream, plan, act, and reflect for ongoing personal progress & professional growth.

Applying a Growth Mindset to Personal Health & Wellness

Releasing all-or-nothing thinking to allow for incremental progress.

Emotional Empowerment

Mental & emotional practices for better relationships with self and others.

Conquering Your Inner Critic

How to turn the voice in your head from your worst enemy to your biggest cheerleader.

CUSTOM PROGRAMMING

Any one of these topics can be turned into a three-part series to allow time for more discussion and personal application.

These deeper dives tend to feel more like a group coaching session and are much more effective than just sharing the information alone.

Choose topics from the list below, or name the topic your team is struggling with the most and we will create a custom series to address those needs.

PRICING & FORMAT

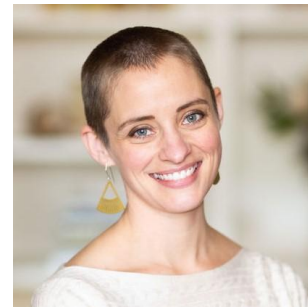
- 60 min trainings, \$400 each
- In-Person trainings available in the Portland Metro area
- Virtual trainings available outside of Portland, OR, USA

NEXT STEPS

1. Schedule a free discovery call with Danielle Dinkelman at acwcoaching.com/trainings
2. Discuss your team's needs and struggles and learn what workshop topics we can offer to help
3. Design your custom Wellness Workshop Series or choose your first Foundation Training to try it out

ABOUT DANIELLE

Danielle Dinkelman, NBC-HWC is the co-founder and CEO of Advanced Corporate Wellness and a passionate Workplace Wellness Advocate & Consultant.



As an experienced National Board Certified Health & Wellness Coach she is well versed in all things “lifestyle medicine”. She is the author of the book *If Diets Don't Work, What Does? A Doable, Enjoyable Guide to Living the Life You Want* where she shares her refreshing perspective on healthy living. Danielle rejects the quick fix, go big or go home philosophy of mainstream diet & fitness culture in favor of a more natural, gentle approach built on self awareness and self love.

Having experienced the trauma of burnout herself, and supporting her husband through it as well, Danielle believes that in order to have true workplace wellness, organizations and individuals must be empowered and supported to make meaningful healthy changes.

Danielle is the mother of 4, happily raising her family with her husband Blaise in Oregon City, Oregon. She is a pickleball addict, avid bird watcher, plant identifier and dog lover.