

Your company's investment will depend on the size of the group and also the length of session desired. Discounts are offered for booking a series of sessions. Investment starts at \$150 per hour.

According to CompPsych, mental health-related leaves of absence have increased 300% from 2017 to 2023. Up 33% in 2023 over 2022-analysis indicating that mental health pressures among employees show no sign of relenting.

(March 6th, 2024)

ENCOURAGE YOUR EMPLOYEES TO LIVE HEALTHIER LIVES TO BE HAPPIER AND MORE PRODUCTIVE

A 3-year Springhealth study found employee sponsored mental health programs results in 25% fewer missed days and a 24% increase in productivity.

“Sherie has conducted multiple sessions for our organization for our wellness initiative, AcuHealth. Her knowledge of yoga, meditation, and mental wellbeing is off the charts. I highly recommend her to any organization looking for a wellness coach.” Merrilee Schlemmer, HR Specialist, Acumatica

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CORPORATE WELLNESS PROGRAMS