

Workplace Personal Development Workshops

Presented by Kiitokii & Naomi

- **You are Not your Mental Illness-** Focusing on the concept that you are not defined by your mental illness
- **Lateral Violence- Is the work/life balance Unbalanced?**
-Brings to question: Does the Lateral violence stem from home stresses and is there a clear healthy boundary.
- **Grounding techniques for a healthier day-** Hands on and physical movements to ground yourself in a stressful or overwhelming environment.
- **Grief and Loss-** Learning healthy empathy within the workplace. Finding recovery from the hurtful past.
- **Teamwork relationships-** Building a healthy team through fun skills and relearning communication with comprehension in an interactive environment.

Many of our sessions can be altered to your organization's needs. Please inquire with either Kiitokii or Naomi for a discussion of what you want for your team. Our vast expertise in many elements of wellness can be tailored and customized for a well rounded workplace!

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