



Joanna Heyse

◆ Health Workshops ◆

Prevent burnout in the workspace!

Hi, I am Joanna Heyse. I am a Functional Medicine Practitioner - Naturopath (QC) and Integrative Nutrition Health Coach who specializes in **chronic stress and burnout prevention/resolution**

Picture this: a workplace where **productivity soars, absenteeism plummets**, and employee satisfaction skyrockets. How? By integrating **stress reduction tools** into the daily grind. With burnout costing companies billions annually, the evidence is clear: investing in stress reduction isn't just a luxury, it's a **necessity**. Studies show that workplaces offering stress reduction programs see a **20-30% reduction in reported stress levels**, leading to a **13% increase in productivity**. Moreover, employees who regularly practice stress reduction techniques are **41% less likely to experience burnout**. It's not just about keeping employees happy; it's about safeguarding your bottom line. **Don't wait for burnout to strike—empower your team with the tools they need to thrive.**

◆ Workshop Package #01

- **Single** Group Workshop online or in person (30 people max)
- Science-backed techniques
- Evidence-based tools
- Live Coaching
- Holistic Approach

◆ Workshop Package #02

- **Twice a year** - Group Workshop online or in person (30 people max)
- Science-backed techniques
- Evidence-based tools
- Live Coaching
- Holistic Approach

◆ Service Package #03

MOST POPULAR!

A complete 12-months package to support your employees wellbeing and prevent burnout in the workplace

- 1:1 health coaching consultation online for 5 employees/month
- Two workshops per year (30 people max)
- Science-backed techniques
- Evidence-based tools
- Holistic Approach

My website

joannaheyse.com/workshops

