

Rewired Corporate Wellness Workshops



Rewired Corporate Wellness Workshops are the perfect complement to any employee training, professional development, or corporate wellness program. Using the principles of Rewired, your team will go through a series of individual and group exercises that can help them identify opportunities to learn and grow.

Workshop topics include:

Self-Care Strategies • Resiliency • Healthy Communication Skills
Conflict Management • Stress Management • Coping Skills
Time Management • Cognitive Awareness • Healthy Technology Habits

Your team will emerge with:

- Practical tips to help them achieve their professional goals
- Exercises and activities they can use to collaborate with their team
- A better understanding of their communication style and how it affects the way they approach their work and interactions with colleagues
- Increased self-care strategies
- Increased resiliency and emotional awareness

Whether you want to provide training for your entire staff or professional development for smaller teams, your workshop will be tailored to your goals and your company's unique culture and values.

“Thanks SO much for an amazing talk at Salesforce. The content was super valuable, the research insightful, and the strategies presented extremely pragmatic and achievable.”

ERICA SPIEGELMAN is an author, recovery and wellness specialist, and motivational speaker who works with individuals, couples, and families on personal growth and overall wellness. Erica provides a holistic approach to helping people overcome their struggles with addictions and dependency and gives them the tools they need to create healthy lives for themselves. Erica is the author of Rewired: A Bold New Approach to Addiction & Recovery, the Rewired Workbook, and the Rewired Coloring Book

**Interested in learning more? Contact Erica:
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