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# THE DIGITAL BREAKROOM: CORPORATE WELLNESS IN A CONNECTED WORKPLACE



# MINDFUL LEADERSHIP IN A CONNECTED WORKPLACE

The modern workplace is always on.

Leaders today are managing constant communication, cross-functional teams, and digital demands that never stop. With high expectations and nonstop pressure, it's no wonder burnout, disengagement, and decision fatigue are at an all-time high.

What organizations need now isn't just another wellness perk; they need a shift in how we lead.

My corporate wellness programs are built around one core goal: helping high-performing professionals lead with clarity, presence, and resilience in a hyperconnected world.

These aren't generic wellness sessions. They're science-based, yoga-informed, and rooted in real-world leadership experience. Every offering equips your team with practical tools for emotional regulation, mental clarity, energy management, and mindful communication.

Whether your team is together in person or distributed across time zones, these sessions are designed to meet them where they are:

- ✓ Delivered via Zoom
- ✓ Available onsite at your location
- ✓ Ideal for corporate retreats, offsites, or remote team meetups

Let's move beyond burnout culture. Let's cultivate mindful leadership that works.

# FEATURED OFFERINGS

## ***RESTORE Leadership Method: Mindful Strategies for High-Performing Humans in a Hyperconnected World***

- A yoga-inspired leadership workshop that teaches nervous system regulation, intentional decision-making, and mindfulness in action.

## ***The BALANCE Lifestyle Method: A Lifestyle Framework for High-Performing Humans***

- A lifestyle framework designed to support long-term performance through daily habits that prioritize health, energy, and clarity.

## ***Virtual Yoga & Mindset Reset Sessions***

- Guided movement, breathwork, and restoration to support recovery, creativity, and mental focus.

# CORE GOALS

The corporate wellness trainings are designed to support your organization's goals by fostering a healthier, more balanced, and productive workplace. In a technology-driven environment, employees face unique challenges, from managing constant connectivity to preventing digital burnout. The training sessions aim to address these challenges, equipping teams with practical skills for wellness and resilience that extend beyond the workplace.

## **Enhance Mental Clarity and Well-Being**

- Learn practical tools like breathwork, nervous system regulation, and mindfulness to reduce stress and improve focus.

## **Establish Boundaries in a Hyperconnected World**

- Discover strategies for digital detox, notification hygiene, and tech/life balance to prevent burnout.

## **Strengthen Leadership and Emotional Intelligence**

- Use the RESTORE Method™ to build presence, empathy, and trust through mindful communication and yoga-inspired leadership practices.

## **Foster Sustainable High Performance**

- Use the BALANCE Method™ to integrate hydration, nutrition, movement, rest, and stress management into daily life.

## **Support Whole-Person Growth**

- Equip employees with lifelong skills they can use inside and outside the workplace, supporting not just better work, but better living.

# RESTORE™ LEADERSHIP METHOD

## ***Mindful Strategies for High-Performing Humans in a Hyperconnected World***

*Available via Zoom or In-Person | 90 minutes*

### **Workshop Description**

*In today's hyperconnected workplace, leaders are expected to perform at a high level while navigating constant interruptions, emotional fatigue, and blurred boundaries. The RESTORE™ Leadership Workshop introduces a science- and yoga-backed framework to help high-performing professionals reduce burnout, lead with intention, and model sustainable success.*

*Using mindfulness, nervous system regulation, and practical self-leadership tools, participants learn to cultivate clarity, energy, and emotional resilience without stepping away from their ambition.*

### **Workshop Objectives**

- *Introduce a practical framework (RESTORE™) for regulating energy, enhancing presence, and sustaining high performance.*
- *Explore how lifestyle, mindfulness, and digital boundaries impact leadership clarity and decision-making.*
- *Provide simple, actionable strategies leaders can implement immediately to support their teams and themselves.*

### **Who It's For**

- *Executives, managers, and team leads*
- *High-performing professionals in tech-driven, fast-paced work environments*
- *Organizations seeking a more mindful, people-first leadership culture*

### **Who It's Not For**

- *Teams looking for a physical fitness class (see: yoga sessions)*
- *Leadership teams resistant to reflection, presence, or emotional regulation practices*
- *Organizations seeking only surface-level wellness perks*

# BALANCE LIFESTYLE METHOD™

## **A Lifestyle Framework for High-Performing Humans**

Available via Zoom or In-Person | 90 minutes

### **Workshop Description**

*High performance isn't just about productivity; it's about sustainability. The BALANCE Method™ Workshop equips high-performing humans with a science-backed, lifestyle-first approach to fueling energy, reducing stress, and building daily habits that support long-term personal and professional success.*

*Built around seven core wellness pillars, this session helps participants build a strong body, clear mind, and resilient lifestyle without the overwhelming pressure of extreme routines or perfection.*

### **Workshop Objectives**

- *Help participants develop realistic and effective wellness habits to support sustained energy and focus.*
- *Teach strategies for integrating physical health, stress management, and mindfulness into demanding schedules.*
- *Provide tools for creating and maintaining routines that align with personal values and performance goals.*

### **Who It's For**

- *High-performing professionals looking for structure, energy, and clarity.*
- *Teams or leaders recovering from burnout and looking for sustainable wellness.*
- *Organizations seeking to support employee well-being beyond surface-level perks.*

### **Who It's Not For**

- *Participants looking for a fitness-only session (see: yoga classes)*
- *Teams resistant to behavior change or lifestyle reflection*
- *Organizations seeking a quick fix vs. long-term impact*



# VIRTUAL CORPORATE YOGA SESSIONS

*Duration: 30 minutes via Zoom (One-time or Recurring)*

Invite your team to pause, breathe, and stretch with our virtual corporate yoga sessions. Designed for all levels, these 30-minute sessions blend gentle movement and mindfulness to help reduce stress, relieve tension, and promote a sense of calm and balance throughout the workday.

## Session Highlights:

- **Guided Yoga Flow:** Accessible for all levels, focusing on relaxation, flexibility, and mindful movement.
- **Breathing Exercises for Stress Relief:** Simple techniques to promote calmness and enhance focus.
- **Perfect Lunchtime or Midday Break:** Help your team return to work feeling refreshed and re-energized.

Ideal for: Companies looking to remotely incorporate wellness into the workday, supporting team members' mental and physical health.

# READY TO ELEVATE YOUR TEAM'S WELLNESS?

Any of these sessions can be customized to fit your company's unique needs, time, and budget.

If you're an HR or business leader responsible for your organization's wellness initiatives, let's connect! Together, we can create a wellness experience that empowers your team to thrive both personally and professionally.

Please feel free to share this document within your organization. You can reach me at **[heather@heathermonthie.com](mailto:heather@heathermonthie.com)** to discuss your organization's specific goals and challenges.

Let's work together to build a balanced, resilient, and productive workplace culture.





# ABOUT DR. MONTHIE

Today's leaders are navigating a hyperconnected world. Back-to-back meetings, nonstop notifications, blurred boundaries between work and life. In this kind of environment, burnout isn't a risk. It's the default. What leaders need now are mindful strategies that actually work in real-time, high-pressure situations.

I help organizations bring mindfulness, movement, and mental clarity into the workplace, not as a break from leadership, but as the foundation of it. My work focuses on supporting high-performing professionals with actionable tools they can use to lead with intention, protect their energy, and build resilient, focused teams.

With a PhD in Technology, I've spent my career studying how digital overload impacts human performance. Combined with my training in Yoga, Mindfulness, Nutrition, and Fitness, I offer a holistic, science-backed approach tailored for today's high-stakes professional landscape.

Whether through keynote talks, corporate wellness workshops, or leadership training, I support organizations that are ready to go beyond surface-level wellness perks and invest in meaningful, sustainable culture change.

To start the conversation, reach out at [heather@heathermonthie.com](mailto:heather@heathermonthie.com).



Heather Monthie, PhD