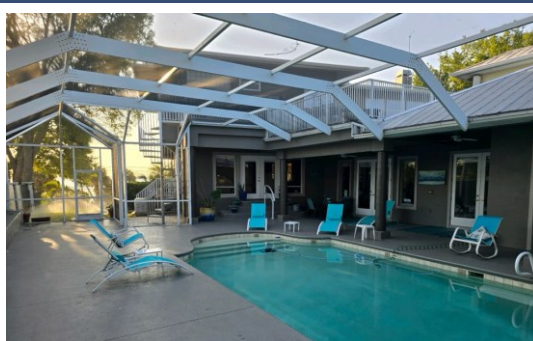
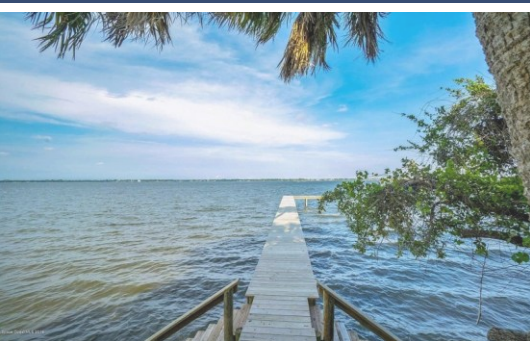


MENTAL WELLNESS WEEKENDS

Hosted by Improve Consulting and Training Group



Focused Time to Address Priorities, Intentional Efforts to Accelerate Outcomes



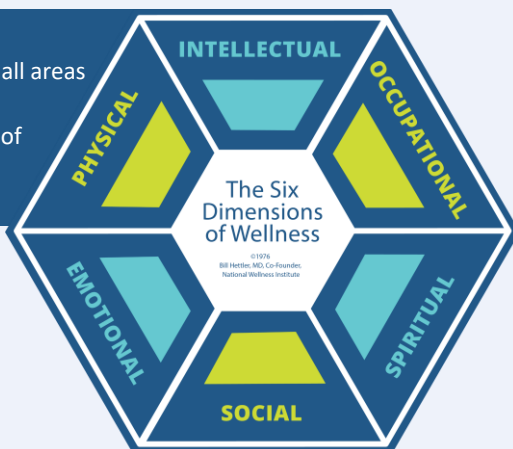
A 3-DAY WELLNESS EXPERIENCE

To assist participants in creating their retreat plan, and their re-integration plan when they go back to their workplace.

The Weekend Wellness Experience Requirements* and Options:

- Pre-Retreat Intentions and Outcomes Plan*
- Stress Assessment Analysis and Debrief*
- One-on-One Wellness Coaching*
- Creation of a Wellness 1 Year Action Plan*
- Workplace Re-Integration Plan*
- Nursing Staff Available for Clinical Questions
- Halo (Salt) Therapy
- Guided Mindfulness and Meditation
- Strategic Eating
- Aqua Therapy
- Infrared Therapy
- River and Marina Walks
- Various Chromotherapy (Color) Options
- Red Light Therapy
- Biometric Imaging to Determine Your Body's Energy Distribution

Action plans will include comprehensive actions in all areas of the National Wellness Institute's Six Dimensions of Wellness model.



OVERVIEW OF IMPROVE'S WELLNESS AND RENEWAL MODEL:

Improve's Wellness and Renewal Model offers a customized, multidimensional approach designed to address challenges associated with workplace stress and empower and equip participants with essential tools, strategies, and networks to foster well-being, resilience, and professional success. The model incorporates a variety of approaches as described below:

- | | | | |
|------------|------------|-------------|---------------|
| ■ Renew | ■ Redesign | ■ Retreat | ■ Replenish |
| ■ Restore | ■ Relearn | ■ Reconnect | ■ Re-energize |
| ■ Refresh | ■ Refocus | ■ Rebound | ■ Recover |
| ■ Reinvent | | | |

TARGET OUTCOMES

- Health Therapies to Address Stress Related Issues:
 - Inflammation, Immune System, Sleep, Muscle and Joint Pain
 - Detoxing, Purifying, Energizing, and Relaxing
 - Energy, Metabolism, and Stress Reduction
- Workplace Outcomes:
 - Destressing and Reenergizing to Increase Mindfulness, Strategic Thinking, Productivity, and Resilience

PRE-WORK

- Virtual Pre-Planning Meeting to Discuss Key Areas of Focus
 - All participants must have a pre-retreat plan
- Online Stress Assessment
 - This assessment looks at seven stress factors that impact stress levels in the workplace and is used to evaluate individual stress as part of a wellness coaching engagement.
 - Individual data will not be shared.





POST RETREAT

Virtual post retreat sustainability meeting to evaluate progress against the action plan.

ACTION PLAN & SUPPORT MATERIALS

Participants will be given various wellness resources for sustaining their wellness journey action plan.

WHO SHOULD ATTEND

Individuals looking to accelerate outcomes by intentionally focusing on enhancing their mental wellness to return to the workplace with increased productivity, engagement, and resilience.

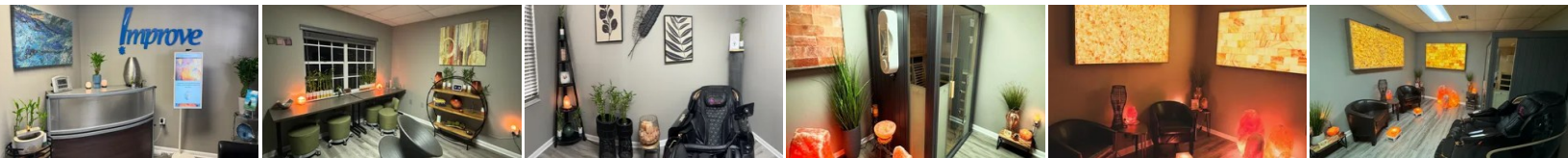
LOCATION

Located in Cocoa, Florida at Improve Consulting’s Wellness Renewal & Halotherapy Studio. Mariner Square Office Complex, 96 Willard Street, Studio 203, Cocoa FL 32922



Phone: (321) 305-4510
Email: admin@halotherapystudio.com
Website: www.halotherapystudio.com

HALOTHERAPY
 & WELLNESS RENEWAL STUDIO
 COCOA, FL



AVAILABILITY

- January – October
- Friday 12:00pm to Sunday 12:00pm

INVESTMENT

\$3,250 Per Participant

- Stress Assessment, Wellness Activities, Micro-Learning Sessions, 1/1 Coaching Time, Group Discussions, and a 1 Year Action Plan with Support Resources
- Housing Accommodations and Meals are Provided
- Ground Transportation is Provided for Select Arrival and Departure Times Only
- Airfare - Not Included





Retreat Check List

Thank you for booking your weekend retreat! We're looking forward to your visit!

Below is a checklist to help you prepare for your visit:

Flights

☐ Clients are responsible for their flights. Please, arrange a direct flight to arrive between 11:00AM and 12:00PM on Friday and your flight out on Sunday between 12:00PM and 1:00PM to the MCO Orlando airport.

Tip: If possible, travel with a carry-on luggage to avoid checking luggage

What To Pack

- ☐ Comfortable, casual clothing (shorts, jeans, t-shirts, sandals, etc.)
- ☐ A swimsuit or clothing to be worn in the pool or to sit by the pool
- ☐ A pair of comfortable walking shoes
- ☐ Toiletries: soap, loofa, toothpaste, toothbrush, mouthwash, floss, lotion, deodorant, etc...
- ☐ Heat/sun protection: sunscreen, hat, sunglasses, water bottle, etc...
- ☐ Daily medication and/or EpiPen if needed
- ☐ A face mask - Masks are to be worn in public, confined spaces. (ex. airplane, uber, taxi, etc...)

Tip: Check the weather prior to your trip to ensure you pack appropriately.

Allergies

- ☐ Please notify us of any food or environmental allergies

PAYMENT INFO

- Payment is due in full prior to attending the retreat. Installments can be made in four payments or less.
- To make a payment to Improve Consulting and Training Group, Zelle at 651-343-1858 or use the following QR code →

Note: There are no refunds. If a retreat is cancelled after payment has been made, the client will have a credit on their account that can be used towards a future retreat or other services offered by Improve Consulting. This applies for install payments as well.





Partnership Terms & Payment

Payment Terms: Payment is due prior to the retreat. **Clients will be charged a 3.63% late fee for every month past due. 3.63% convenience fee for credit card payments.**

Contract Terms: Contract can be terminated within 30 days of written notice by either party should business circumstances change. Services provided up until the notification date will be billed accordingly.

Confidentiality: Improve will maintain confidentiality related to information provided by the client organization. Confidential information includes employee and business-specific information acquired in the course of carrying out the terms of this agreement.

Scheduling Changes: Changes to the schedule must be agreed upon (in writing) by both Improve Consulting and the client organization.

Usage: The CLIENT will reimburse IMPROVE for any and all damage caused to the facilities and/or the equipment therein. The CLIENT assumes all responsibility and liability for the requested use of the facility. The client releases and agrees to defend, indemnify and hold IMPROVE harmless from any and all claims, costs, suits and damages, or injury to any person and/or property at the facilities and/or the use of the facilities.

By signing this form, you agree to the terms and conditions as outlined in this contract.

Print Legal Name_____Title_____

Legal Signature_____Date_____

Ellen Burts-Cooper_____Date_____

Senior Managing Partner, Improve Consulting and Training