



CORPORATE WELLNESS & STRESS MANAGEMENT

PROPOSALS OVERVIEW BY *Irina Oshchepkova*



Irina Oshechepkova



YOGA SHAPE

- Consultant in Employee Wellness and Stress Management
- Certified and registered yoga teacher with 800+ hours of teaching experience and 600+ hours of training
- Manager in an EU association with 10+ years of experience, working with professionals from 30+ countries. Organising, chairing, building consensus and presenting at meetings and public workshops, a contact person for the European Commission, the EU Member States and energy associations.
- Hosted yoga events, workshops and retreats in 6 countries

Your company performance depends on your employees

75%

of employees say that they are experiencing more stress than a generation ago

52%

of employees are not engaged at their jobs

13%

are actively disengaged

41%

consider leaving

20-200%

of an employee's annual salary is what it takes to hire a replacement



How can Corporate Wellness help?

67%

of companies that implemented wellness programs reported that their employees were more satisfied and productive

85%

of employers say that a wellness program had a high impact on employee engagement and company culture

86%

in healthcare cost savings can be delivered by disease management





HOW I CAN HELP YOUR COMPANY AND YOUR PEOPLE



YOGA SHAPE

by Irina Oshepkova

COMPREHENSIVE CORPORATE WELLNESS PROGRAM: FOCUS

CUSTOMISED FOR A
CORPORATE ENVIRONMENT

IMPROVE

Improve productivity and maintain focus



PREVENT

Prevent burn-out and deal with stress



GROW

Grow the sense of community and stay motivated



MAINTAIN

Maintain healthy and stress-free work environment



COMPREHENSIVE CORPORATE WELLNESS PROGRAM: PILLARS

ALL ASPECTS OF WELL-BEING
ARE INTERCONNECTED



Movement practices

Easy-to-do yoga-based movements that can be incorporated during a working day



Mindfulness techniques

Breathing techniques and relaxation/concentration practices



Management insights

Simple practical solutions to improve productivity and stay focused



EXAMPLE OF WELL-BEING SESSIONS FOR YOUR TEAM

EASILY IMPLEMENTABLE TOOLS AND TECHNIQUES



Movement practices

Yoga-based movements performed at the desk / on yoga mats in combination with Marma Therapy (~acupressure).



Mindfulness techniques

Guided meditative progressive full-body relaxation in combination with a breathing awareness technique. Sound healing with Tibetan singing bowls.



Management insights

A set of practical solutions addressing: focus management, time management, stress management and energy management

OVERVIEW OF CORPORATE WELLNESS SOLUTIONS

OTHER OPTIONS ARE
POSSIBLE TO EXPLORE

One-off group workshop

2-3 hour small group event addressing a combination of movement / mindfulness / management



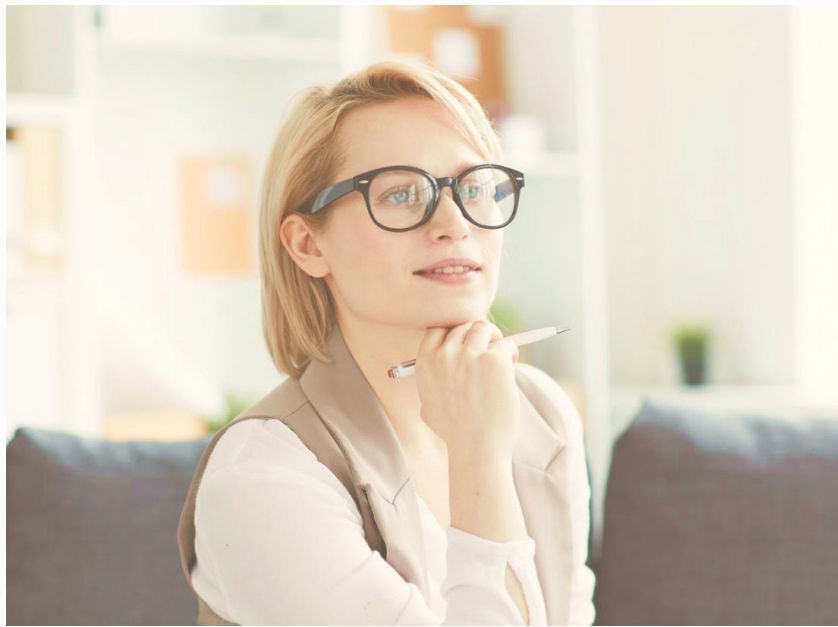
Weekly group sessions

45-60 min group sessions 1-2 times a week addressing a combination of movement / mindfulness / management



Private consulting

45-60 min individual sessions 1-2 times a week customised to meet a person's unique well-being needs



Off-site retreats

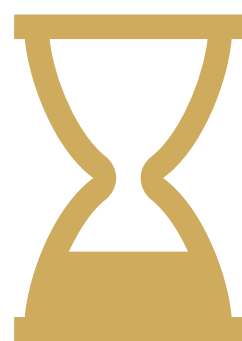
Weekend / week-long yoga retreats for your employees with corporate wellness sessions included



FULLY CUSTOMISABLE PROGRAM ACCORDING TO YOUR NEEDS

Timing

- Workshop: 2-3 hours
- Weekly sessions: 45-60 min at lunchtime or after work
- Retreats: weekend / long weekend / 7 days



Organisation

- Pre-discussion to set up the needed content and duration
- Option of a survey for your team to identify their preferences
- Workshop / weekly sessions: delivery in person or online



Participants

- Workshop / group weekly sessions: ideal for 10-12 people for better interaction and feedback
- Privates / retreats: according to your company needs





YOUR INVESTMENT IN YOUR PEOPLE



One-off group workshop

Starting from 800 euro for a group for 2-hour workshop



Weekly group / private sessions

Starting from 150 euro per hour depending on the content



Off-site retreats

Starting from 850 euro per person for 6 days/5 nights



BOOK YOUR DISCOVERY CALL

Questions? Let's Chat!



Contact me to discuss how we can design an impactful program for your organisation

Book a call:

www.yogashape.online/call

BO DOHMEN

Irina came to our office to provide a Corporate Wellness Workshop for the entire staff. She provided us with some helpful trips and tricks to decompress and release stress, tools that are easy to integrate into your daily life at work. She has techniques for everyone's preferences and needs.

Having received positive feedback from my colleagues, I don't only speak for myself when I say that I would 100% recommend Irina's services. At the end of her workshop, you will be left with a practical toolbox which will benefit your entire organisation. It goes beyond just stress management, since Irina takes a holistic approach to employee wellbeing and corporate wellness.



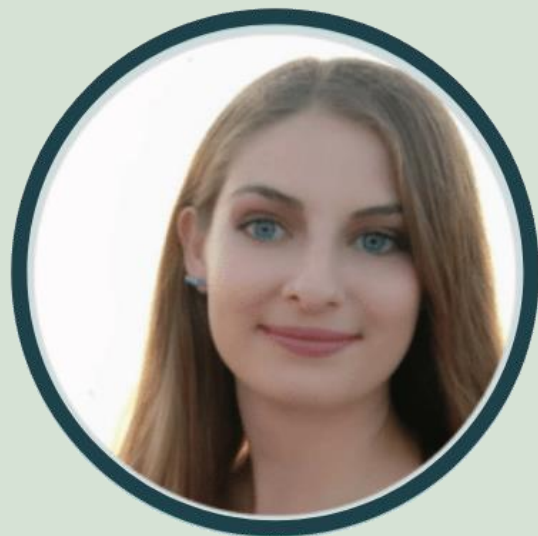
ANNA FUOTI

I started working with Irina when my working life was really challenging and nothing seemed to work. She taught me to take care of myself, to take back my time and to think of well-being as a moment to be lived every day with serenity and calmness. She gave me strength and a new centre. I would not be the professional I am today if I had not had the opportunity to meet Irina.

KATHRINE NYGAARD STANNOV

Irina designed a customised program for me and a colleague facing similar issues. The practices were always conducted with manual adjustments, including improvisations in the movements.

It was such a pleasure to leave myself in Irina's capable hands, trusting her guidance and marveling at her ability to constantly improvise, turning the limits of my body into an agile practice. The flexibility in the hours and locations was extra icing on the cake, making it easy to fit the lessons into a scheduled with lots of travels and inconsistent work hours.



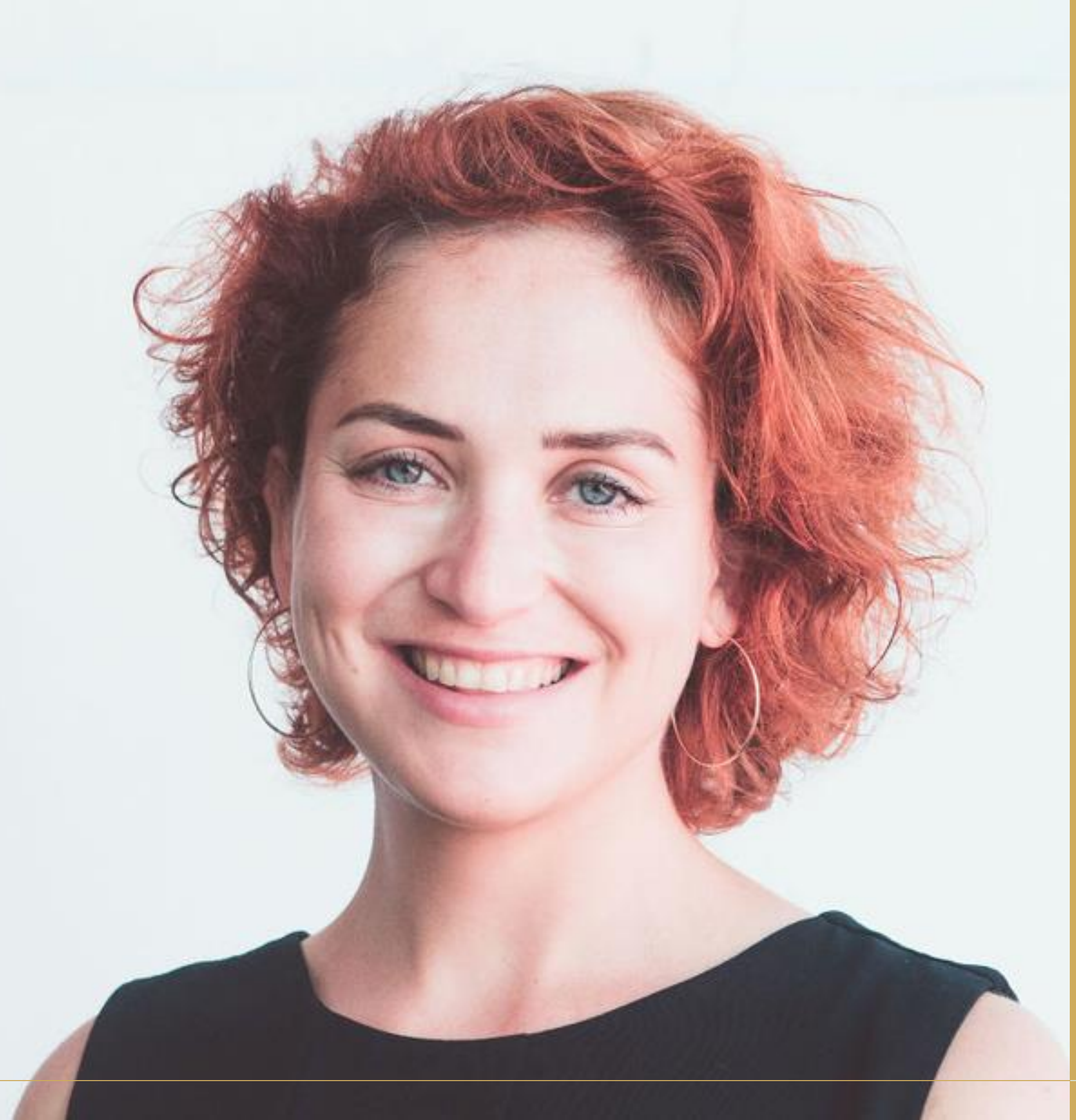
CONSTANZA TROIANO

I highly recommend companies to start a program with Irina as she is a great yoga teacher, and she is very knowledgeable and committed to help employees to reach a good work-life balance.

By having a regular yoga practice with Irina, I have reached a level in which yoga has become part of my life and something essential. Irina has given me some powerful tools for my daily life, for example how to connect with the present moment and to understand my body and be grateful for what it can do for me.

My goal is to help companies to support their employees in achieving and maintaining optimal health, being focused and productive, and feeling connected and motivated.

Irina Oshchepkova



LET'S WORK TOGETHER!

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Also present on:



FOR YOUR INQUIRIES