

# CORPORATE WELLNESS CONSULTING



"The Oaks Team did a fabulous job facilitating sessions with our Management Team. They were able to read our group well and adjust their delivery to our team dynamic. The content was just right, taking care to avoid information overload and ensure participants were able to leave the session with practical, tangible material and next step action items. I highly recommend The Oaks team to any company that wants to start the journey of investing in their team's overall well-being."

- Director of Business Operations

## ABOUT THE SERVICES

Let our highly trained consultant teams with backgrounds in mental health AND corporate settings strengthen your organization's most valuable asset - **your people!**

Life presents many barriers that can block us from bringing our best self to work. An effective team happens when each member is operating at his or her strongest capacity. Through the use of our research-backed wellness model, we teach participants how to make choices that strengthen their ability to stay well. We share practical coping strategies to help team members build resilience and stay within their stress window of tolerance, enhancing the focus on their job.



## SERVICES

Customized consulting services include:

- In-person and virtual workshops
- Individual wellness consulting sessions
- The Oaks' Wellness Model Courses - Access for each employee to 10 interactive web-based courses

## TOPICS

Learn practical strategies that can be immediately applied to professional and personal settings:

- Fostering personal mental health and wellness
- The effects of stress on mental health and work capacity
- Managing stress in professional and personal relationships

### More Information:

[www.theoakscommunity.org/wellnessconsulting](http://www.theoakscommunity.org/wellnessconsulting)  
Schedule a brief Discovery Call at no cost.

The Oaks Therapeutic Community, Inc.  
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