

# Jessica M. Corvo

CORPORATE AFFAIRS TO CORPORATE WELLNESS

20  
21



STRONGER TOGETHER

# Our Services

*Workshops: Lunch & Learn  
& 3-month Wellness Programmes*



## WORKSHOPS

### **Be Your Own Hero**

Strategies used to cope during high stakes situations.

### **Cultivate A Warrior Mindset**

B.E.S.T. strategy used to help shift mindset to embrace life with enthusiasm.

### **From IMPOSSIBLE to I'M**

#### **POSSIBLE**

Journey to and through an Ironman finish line in 12 hours.

## 3-MONTH PROGRAMMES

The mission is to promote work-life balance, Increase Self-Mastery, & Improve stress management for the individual resulting in more efficient/effective teams.

- 3 sessions/week
- Weekly newsletter
- Movement. Mindset. Results.

BONUS: roadmap for executives to maintain monthly wellness targets for their team.

## WHAT WE ACHIEVE

- Build High Functioning Teams
- Increase productivity
- Boost Mental Health
- Support Emotional Regulation
- Strengthen Collaboration
- Increase Effective Communication
- Harmonise remote teams

## WHO WE WORK WITH

- United Nations
- Sinarmas
- LinkedIn
- Accenture
- L&D Asia Community
- East Aurora High School
- Plainfield High School
- Chicago Public Schools (CPS)

## STATS

20+

*countries*

30+

*companies*

50+

*communities*

1000+

*Warriors*

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