

Jessica M. Corvo

COACH | CORPORATE HEALTH & WELLNESS

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PROGRAMME GUIDE

#STRONGERTOGETHER

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
- Harmonize Remote Teams

WHO WE WORK WITH

- United Nations
- Sinarmas
- LinkedIn
- Accenture
- Learning & Development Asia
- East Aurora High School
- Plainfield High School
- Chicago Public Schools (CPS)
- BTSADV (non profit)

STATS

20+

countries

30+

companies

50+

communities

1000+

Warriors