

A photograph of a person's hands writing in a spiral notebook on a desk. In the background, there is a laptop with a custom keyboard, a cup of coffee, and some colorful highlighters.

Corporate Wellness

Offerings to support your
employees' health and wellness

WWW.HEATHERLILLICO.COM





Heather Lillico

Holistic Nutritionist
Yoga Instructor
Meditation Teacher

Heather is a Holistic practitioner, speaker, and mental health advocate. She focuses her work on mental health, having been overwhelmed by anxiety and depression for most of her adult life.

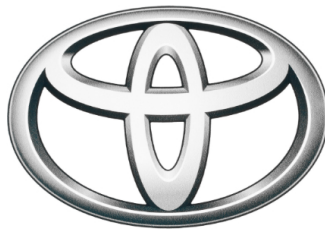
While Heather works in the natural wellness space she comes from a strong evidence-based research background with a Master's of Science and has previously worked at Canada's largest mental health hospital.

Heather spreads wellness in the corporate environment through engaging talks, and immersive sessions such as yoga and mindfulness. While she has worked with large companies such as Canadian Tire, Visa, Rogers, Sun Life, and Toyota, she also enjoys working with smaller boutique businesses.

Heather believes everyone deserves access to wellness information and provides down-to-earth actionable tips that empower people to make positive changes in their lives.



COMPANIES I'VE WORKED WITH



TOYOTA



FASKEN



UBISOFT



Virtual Wellness Offerings

Seminars Delivered in Webinar Format – 60 minutes (45 min pres + 15 min Q&A)

How to Eat, Sleep, and Think Your Way to Calm

This past year we've been on an emotional roller coaster! It's natural to feel burnt out or fed up with how life has changed during COVID. You need more tools in your toolbox to support your mental and physical health during this time.

Join Holistic Nutritionist & Meditation Instructor Heather Lillico as she teaches you:

- The best foods & herbs to boost your body's natural resilience against stress
- How to perfect your sleep routine so you drift off when your head hits the pillow
- What to do if you wake up in the middle of the night
- Simple mindset tricks to see the silver lining in any situation
- Why mindfulness is your best defence against stress

Staying Nutrition to Manage Stress

The pandemic has no doubt added stress and anxiety to your life. Coping with all this change and uncertainty can be challenging, but a proper diet can help calm your mind. By ensuring you have all the nutrients you need for healthy brain and nervous system function your body can balance out during this stressful time.

Join Holistic Nutritionist & Meditation Teacher Heather Lillico as she teaches you:

- Foods that increase anxiety and how to remove them from your diet
- Foods and nutrients that help you feel calm
- The best supplements and herbs to combat stress and anxiety
- Tips for working in healthy foods in a manageable way

Using Mindfulness to Reduce Stress and Anxiety

Practicing mindfulness can be a great way to reduce stress and anxiety, but it's hard to know where to start. In this seminar, Holistic Nutritionist & Meditation Teacher Heather Lillico breaks it all down.

You'll learn

- Why you experience stress and anxiety
- What happens in the body in response to stress
- What mindfulness is (and what it isn't)
- How mindfulness reduces stress and changes your brain
- Stress reducing techniques you can practice right away

This seminar will include an interactive guided meditation experience. Come ready to learn and practice! No experience with mindfulness needed.



The Benefits of Mindfulness for Productivity

Working from home comes along with several distractions. It's hard to sneak in mindful moments, but practicing mindfulness and taking a pause in your day can boost mood, reduce stress, and sharpen your focus, making you more efficient.

In this informative online seminar you'll learn:

- The science behind mindfulness meditation and how it affects your brain
- Practical tips for fitting mindfulness into a busy day
- Breathing techniques you can try out on your own time

This seminar will include an interactive guided meditation experience to unlock the potential of your brain and boost your productivity! No experience with mindfulness necessary.

How to Support Mental Health with Healthy Self-care

Self-care is important for your mental health and self-worth, yet many of us find excuses not to do it. In this seminar Holistic Nutritionist & Meditation Teacher, Heather Lillico, will discuss common myths about self-care (it isn't all bubble baths and spa days), and provide the best ways to fit it in your day when you have little to no free time.

How to Manage Your Time Like a Pro – and reduce stress in the process

Do you ever feel like there aren't enough hours in the day? Yet somehow certain people are able to get it all done, and stay relaxed in the process. Having an endless to-do list is stressful, but there's a way to get it all done, and have time left for the things that really matter!

In this seminar you'll learn to manage your time effectively with simple to implement strategies so you work smarter, not harder.

Mindfulness Breaks – 30 Minutes

Tensions are high right now, and people are feeling more isolated. Join Meditation Teacher Heather Lillico for a LIVE meditation experience. During this session you'll be guided through breathing techniques, mental imagery, or body awareness practices to help you manage stress and bring a bit more zen into your life. These are practices that you can work on after to keep stress levels manageable. No experience with mindfulness necessary!

Intro to Mindfulness Series – 4 Sessions - 30 min each

In this 4-part intro to mindfulness series you'll learn the foundations of developing a mindfulness practice. Each session will build on the previous one, introducing you to different benefits (and myths) of mindfulness each time. Every session will also include a guided meditation exercise and a task to try on your own afterwards to solidify your knowledge. You'll leave the sessions feeling calmer, less stressed, and more productive!



Yoga *– 30-60 Minutes

If your muscles have seized up since working from home it's a great time to explore how yoga can help! Join Yoga Instructor Heather for a slow yoga flow accessible for all levels. Don't worry if you can't touch your toes!

Come experience the mind-body connection that can reduce stress and help you cope with this unprecedented time, all from the comfort of your home. You'll finish class feeling refreshed and revitalized, and a tad more flexible!

*this can be adapted to Chair Yoga if that suits the audience better

