



Corporate Wellness Offerings

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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.



Wellness Seminars

[Webinar Format - 60 minutes \(45 min pres + 15 min Q&A\)](#)

Secrets to Living Longer: what we can learn from the Blue Zones

The Blue Zones are areas in the world scientists have identified as having the longest-living people. Many of these people live till over the age of 100 and stay in perfect health until late in life. There are commonalities of what these people eat and how they live their lives.

Join Holistic Nutritionist, Heather Lillico for this seminar to learn:

- the best foods for longevity
- the importance of community and purpose
- how to make these tips work in a busy modern world

This session comes with a BONUS recipe e-book incorporating food secrets from the Blue Zones!

Natural Ways to Manage Stress & Overwhelm

We all experience some anxiety in our lives, but if you're consistently feeling on edge and overwhelmed then it's time to make some changes! There are many science-backed natural choices when it comes to managing your mood.

Join Holistic Nutritionist & Meditation Teacher, Heather Lillico to learn:

- foods that increase anxiety and easy swaps to try instead
- nutrients you may be lacking if you feel anxious
- the importance of physical activity in managing your emotions & how to make time for it
- simple hacks to relax your nervous system when it's in overdrive

This session comes with a BONUS mood boosting recipe e-book!

Mindful Eating 101: how to slow down and truly enjoy your food

We live in a state of constant busyness and distraction. How often do you work through lunch or watch TV while eating dinner? It's time to explore mindful eating habits that will change your relationship with food.

Join Holistic Nutritionist & Meditation Teacher, Heather Lillico to learn:

- how to listen to hunger cues and put the fork down when you're full
- the step-by-step approach for slowing down and savouring your food
- how to manage mindful eating when your time is limited for meals

This seminar includes an interactive mindful eating experience; bring a small piece of fruit or chocolate with you!





Managing Anxiety in a Post-lockdown World

At first glance the world opening back up seems like a great step! But there's a new type of anxiety that comes from resuming in-person work and activities. We have collectively adapted to this new normal, and going back to work may feel like a shake-up to your routine and a whole lot of unknowns.

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

- How to deal with the anxiety of an uncertain future
- The importance of self-compassion in times like these
- How to create space for processing what you've been through
- How to set up a bulletproof routine for self-care, even when you're in office again

This session will include a guided meditation aimed at reducing anxiety! No experience with mindfulness necessary.

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

It feels like for many months 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

How to Make Healthy Habits Stick

We all know it's important to eat healthy, exercise, and get enough sleep, so why do many of us fall short on these goals? And why are these behaviours hard to keep up after the excitement of a New Year's resolution wears off? The issue is that *knowing* something is healthy is different from *continually doing* something that's healthy. You don't need more information; you need a bulletproof system in your life that takes into account how people actually make choices.

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

- the issue with relying on motivation for healthy habits
- how to set goals properly
- the keys to making new habits stick long-term
- how to remove bad habits that you just can't shake



Resiliency in Times of Great Stress

COVID has definitely tested our resiliency. We've had many setbacks over the past two years and coped with the stress of living through a pandemic. With a workforce that's close to burning out, it's time we talk resiliency! One of Psychology's most powerful tools for coping in times of great stress, having this information in your back pocket will allow you to perform better personally and professionally.

In this seminar with Holistic Nutritionist & Meditation Teacher, Heather Lillico, you'll learn:

- Why we can no longer rely on grit & determination to get through it
- How long-term stress impacts the mind & body
- The importance of a holistic approach to your mental health
- Strategies you can implement right away to boost your resiliency & avoid burnout

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)
- how to shift your mindset & prioritize yourself
- 10 easy ways to fit in self-care 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.

Holistic Stress Reduction Programs

Stress Less Challenge

If you're looking for a holistic approach to managing stress & anxiety, this is it! A 30-day program designed to see *actual changes* in employee mental health. Using a combination of live group sessions and pre-recorded modules, employees will learn concrete ways to manage the inevitable stress of life.

Weekly focuses include:

- Week 1: Removing stressors in your life
- Week 2: Adding in mood boosters
- Week 3: Changing your thought patterns
- Week 4: Developing a winning mindset

This program is all about seeing real changes; 99% of people who have taken the program report their anxiety reduced. On average people are 25% less anxious after taking the program (using validated scale measurements). This program includes weekly touch-points to keep employees on track and engaged.

(See the slide deck for full program details)

Meditation

Learn to Meditate & Reduce Your Stress – 4 part series (30 min each) **booking for April 2023 or later

Meditation can reduce feelings of stress and overwhelm, and even improve your sleep! Learn how to meditate properly in this 4-part series. Each week you'll learn a new concept in meditation and put it into practice right away with a guided meditation. You'll be exposed to breathing techniques, mental imagery, or body awareness practices to train yourself to stay present. Simple homework exercises will be provided to increase your mindfulness capacity between sessions.

The sessions are led by Meditation & Yoga Teacher, Heather Lillico. Experience her down-to-earth attitude and modern approach to meditation for busy professionals.



Yoga

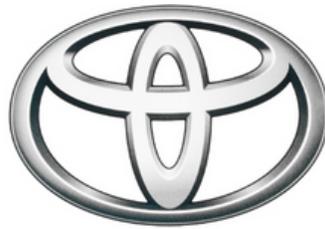
30 min each **booking for April 2023 or later

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.



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