



Corporate Wellness

Offerings to support your
employees' health and wellness

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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.



SOME OF THE COMPANIES I'VE WORKED WITH



TOYOTA



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Wellness Seminars

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



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 year and a half 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



MOST POPULAR

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

Managing Anxiety after Lockdown

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.

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.

