

WINTER & SPRING 2024 WORKSHOP OFFERINGS

YoJo is here for you as company culture evolves with the changing work world

We are dedicated to providing you with thoughtful, relevant, and human-centered wellness education as you navigate through this new iteration of work. YoJo maximizes employee engagement, job satisfaction, and retention by providing your team with tools that support their mental and emotional health.



YoJo workshops provide resources & education to drive mindful work experiences through:



DEI & Communication



Burnout Management



Leadership



Ergonomics

All workshops include

- Data-driven, co-branded marketing materials
- A dedicated Account Manager providing onboarding & ongoing support
- Workbooks for your team and workshop recordings
- Follow-up reporting & surveys

AVAILABLE PACKAGES

ONE SESSION

FOUR SESSIONS

SIX SESSIONS

MONTHLY SESSIONS

Workshops can be remote, hybrid or in-person in the NYC area. Pricing & options valid through May 31, 2024.

Contact jessa@yojo.co for availability & pricing.

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Burnout Management Series

- *Burnout 101* • *Burnout for Caregivers* • *Adjusting to Change* • *Grief & Grief at Work* • *Understanding the 4 Stress Responses* • *Beyond Self Care: The Triad of Care* • *Building Psychological Safety at Work* • *Increasing Resilience* • *Good Habits & Personal Peak Performance* • *Finding Emotional Balance During Challenging Times*

Burnout rates are higher than ever but the term “burnout” is so pervasive that it’s difficult to understand the nuances of its effects and the paths to recovery. In this series, you’ll learn to identify, prevent, and heal from burnout through increased resilience, adaptability, and managing stress.



Leadership Series

- *The Mindful Manager* • *Managing Difficult Personalities** • *Conflict Resolution at Work** • *Decreasing Burnout for Remote Teams* • *Building Psychological Safety for Managers* • *The Accessible Manager: Understanding ADHD, Neurodiversity and More** • *New Manager’s Guide to Effective & Empathic Leadership OR From IC to Manager*

There has been a recent shift in employees’ expectations of their managers and employers, and their top priorities are appreciation and comfort. This series is designed to develop ‘Mindful Managers’ who are self-aware, emotionally regulated, and have the tools to create psychologically safe environments for their team. Mindful Managers prioritize employee needs, reduce burnout, and increase retention!



DEI & Communication Series

- *Increasing Empathy* • *Mindful Communication* • *Mindful Relationships* • *Empathic Listening** • *Beyond June: Increasing Empathy Pride Edition* • *Healthy Boundaries at Work 101*

YoJo’s DEI education focuses on the impacts of inclusivity on individuals’ nervous systems. This series features exercises to increase empathy and compassion, tools to identify and remove unconscious bias, and techniques to improve communication and relationships—all designed to improve company culture and your team’s personal and professional lives.



Ergonomics Series

- *Customizing your Workplace* • *Posture, Breathing and Stretching*

Your work environment should feel comfortable and support great posture. This series provides actionable tips to adapt any desk set-up for optimal posture and comfort. In addition, we’ll teach healthy work habits and stretching/breathing exercises to keep you energized and reduce pain throughout the workday.

**These workshops are co-led by Dr. Jamie Gardella, clinical psychologist. The structure and pricing are different. Please inquire for more information.*