



*Zen for You Wellness Program*  
**Mindfulness Training for Teams**



**TED<sup>x</sup>Ottawa**  
x = independently organized TED event

We all know that happy, healthy workers are more productive and positive members of any team. Zen for You, a downtown Ottawa based health and wellness business believes in a holistic approach to health combining nutrition, lifestyle counseling, spiritual coaching and yoga packages tailored to your company's true needs.

Manali Scott, Owner/ Spiritual Wellness Coach of Zen for You; is a Mindfulness Coach, a TEDX Speaker, Certified Nutritionist, Certified Yoga & Meditation Teacher, Certified Healer and Author with a coaching experience of over 20 years. She has impacted the lives of many people globally by her easy to implement, practical mindfulness coaching tips. Manali believes in supporting clients to establish the mind body connection, get relaxed, de-stressed by coaching easy to implement daily practices for achieving work life balance.

## We specialize in:

- Lunch and learn Workshop – 60 minutes
- Custom Wellness Retreats – ½ day of full day
- Motivational Workshop – ½ day of full day
- Stretch Breaks and Mini Workshops
- Office Yoga, Stretching and Meditation Coaching
- Team Building Activities and Facilitation
- Practical Goal Setting activities for teams

## We work with you budget

Yearly workshop and activities are customized specially for your staff and budget. Contact us at [manali@zenforyou.ca](mailto:manali@zenforyou.ca) or call us at **613-276-3996** to plan your company's next staff wellness programs We will be happy to provide you with topics, ideas and create a plan the best for you.

## Client Experiences

Manali has provided over six workshops for the Industry Canada lifestyle Series Program. It is a wellness program that provides employees with information on how to enhance their lifestyles and everyday life. From reducing stress, goal setting, food and nutrition coaching, Manali has provided invaluable content and coaching to our employees. Thank you Manali for sharing your talents with us!

*Samanta Moonsammy*  
Event Manager Industry Canada, Ottawa

Recently, I attended a TedX where a number of experts presented who were all so inspirational to those of us in attendance. However, the passion and professional manner in which Manali spoke was another level entirely. Imparting wisdom and knowledge is truly an art and Manali made it clear that she is a master. Interestingly she would probably be the first one to say that perfecting ones art is really the ultimate challenge. With that in mind, one can only imagine where her art will take her and those she works with. I am so thankful to have been a part of that and for one small part of a day, I joined Manali on her journey.

*Chris Huges*  
Executive Coach/Mentor, IT Strategist

Manali Scott, is a remarkable woman - not only has she assisted me in my healing journey but she has brought her teachings and ways of life - into the lives of many. I have seen incredible transformations - those who have attended her workshops, to yoga classes and one on one healing programs. Manali has spoken as a TEDx speaker and has inspired many. If you have not had the opportunity to work with or get to know Manali. I highly recommend you do.

*Sabrina C Lemay*  
Bank Street BIA

## Most Popular Topics

### STRESS MANAGEMENT/ LIFE BALANCE

- Coping with Stress
- Reducing Mental Clutter- Tapping into to Inner Calm
- RESET & Energize Yourself
- Setting Healthy Boundaries
- Practicing Self-Compassion
- Identifying and Managing Stress Triggers
- Too Much on Your Plate- Tips for getting balanced

### POSITIVE THINKING/ MINDSET

- Growth Mindset for Success
- Mastering Success: Unleash the Power Within
- Leading with Emotional Intelligence
- The Art of Optimism
- Navigating through Work-Place Conflicts
- Managing Emotions & Negative Self- Talk
- Tapping Into your Inner Strength

### NUTRITION/ LIFESTYLE TUNE-UP

- Foods and Moods
- Aging Healthy and Gracefully
- Boost the Immune System Naturally
- Meal Planning Made Easy
- The 7 Aspects of Wellness
- Memory & Immune Boosters

### LAW OF ATTRACTION/ CREATIVE EXPRESSION

- Power of Law of Attraction (LOA)
- Creating Abundance with Self-Love and Gratitude
- Introduction to Creating Your Vision Board
- Create Your Own Vision Board- Hands-On Workshop
- The Power of Creative Expression
- Introduction to the Vision Board
- HOURS Vision Board Workshop

## Choose From 3 Different Plans

Pick from an extensive range of hands-on workshops customized for your team. Virtual and in-person workshops are offered at 1, 2 and 4 hours. You can then decide if you want multiple one-hour lunch and learns or a full day format.

### 1 hour

**\$750 plus HST**

One-hour lunch and learn

**Not for Profit  
\$250 Discount**

[LEARN MORE](#)

### 2 hour

**\$1,500 plus HST**

2 x one hour lunch and learns

**Not for Profit  
\$500 Discount**

[LEARN MORE](#)

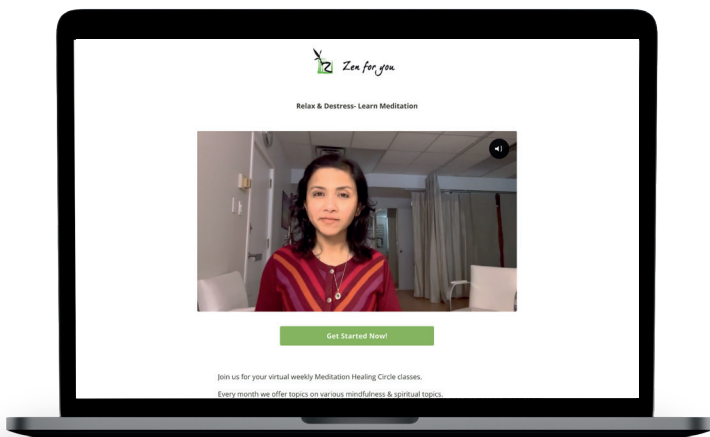
### Custom Packages

Zen for You also builds custom workshops and wellness experiences for employees that include:

Retreats  
Meditation Classes  
Relaxation & Breathing Systems

[LEARN MORE](#)

## Meditation Healing Circle Relax & Destress- Learn Meditation



Join us for your virtual weekly Meditation Healing Circle classes.

Every month we offer topics on various mindfulness & spiritual topics.

In every class, we do journaling activities, mindfulness-guided meditation, and personalized angel card readings. It is a safe space to join others and experience relaxation and healing.

[CLICK HERE](#)