



# Workr Beeing

Workr Beeing's content brings the science of workplace wellness to boost energy, revitalize commitment, reduce burnout, and bring employees back into balance.

## About Us

Dr. Patricia Grabarek and Dr. Katina Sawyer are workplace wellness experts providing engaging solutions and accessible content to create positive work environments.

## Our Content

Select from our most popular offerings, which can be delivered virtually or in-person, and tailored to your unique needs. Or, tell us what you need and we can create a custom content for you!

## Most Popular Offerings



### Speaking Engagements

We deliver cutting-edge, interactive content that provides clear takeaways for improving thriving at work.



### Workshops

We can help your leaders, managers, and employees understand workplace wellness and how to implement research-based tools.



### Executive Development

We leverage our research and science-backed best practices to support leaders in their journeys to create healthy and productive workplaces.

## Get In Touch



[workrbeeing.com](https://workrbeeing.com)



[contact@workrbeeing.com](mailto:contact@workrbeeing.com)

# Workr Beeing Signature Content

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## 4 Keys to Sustainable Success

We provide participants with the tools they need to achieve valued goals, without burning out. If your employees are struggling to maintain energy and motivation toward goals in the face of challenges, this content provides a solution.

## The Science of Work-Life Balance

Employees often strive to achieve work-life balance. Yet, many struggle to do so. This is because work-life balance is not a one-size-fits-all solution. In this session, we provide science-based tips to promote better balance and boost performance, the healthy way.

## Managing Stress in Challenging Times

Stress is on the rise. Luckily, there are scientific solutions for decreasing stress. We help participants recognize when they are becoming stressed, and provide research-based strategies for de-escalating, and even preventing, stress from spiraling.

## Custom Content

Many clients have specific and unique challenges around creating a positive and healthy work environment. We can partner with you to create content custom to your specific needs.