

DR. CALLY SEYMOUR

In Dr. Cally's impactful session, she equipped our employees with the tools necessary to make lasting change for our company.

-Health & Housing Alliance

Dr. Seymours powerful presentation was engaging, influential and has transformed our team leadership dynamic.

-CVM Strategies Worldwide



BREAKOUT TOPICS & EXPECTATIONS

- ✓ **STRESS MANAGEMENT**
- ✓ **CORPORATE WELLNESS**
- ✓ **PEAK PERFORMANCE**
- ✓ **WORKPLACE ERGONOMICS**
- ✓ **WORKPLACE MODALITIES**
- ✓ **WELLNESS ENVIRONMENT:
DO'S & DON'TS**

Over the past 10 to 12 years, there has been a MAJOR SHIFT in the understanding of enhancing employee wellness programs. When you look after your staff, you create values-based employees, teamwork, and a positive working environment which translates into results - healthier, highly driven / self-leading employees, which is fantastic for business!

CONTACT US

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