



# ROSA CASTANO

CEO & Founder

## ABOUT ME

Over the course of her 15+yrs corporate career, She has worked in all types of settings from small businesses, freshly minted startups, and large, diverse non-profit corporations. She has worked both in the domestic & international sectors. Like many others in the space, she was forced to pivot to a new path after the COVID-19 global pandemic put a halt to her career. The shift allowed her to take the time to re-evaluate her career aspirations, landing her with an industry she has long been passionate about: the wellness industry. As a certified Meditation, Mindfulness, and Movement leader, she decided to combine her passion for wellness and knowledge and leadership experience in the corporate world to create Well-Being Workshops to help combat burnout and promote empathy in the workplace.

✉ admin@rosacastano.com

🌐 www.workplacestressolutions.co



Presentation + Workbook

In-Person or Virtual

60-90 Min

Investment: \$1500 - \$5000

### Testimonial:

**"Rosa lead a goal setting and stress management workshop at our company event and she was one of the favorite speakers! She was professional and polished but also approachable and genuine. She got our group talking and everyone was extremely engaged. The learnings from her session will fuel our growth for the year! "**

## THRIVING ADMIST CHAOS: PRACTICAL APPROACHES FOR PREVENTING BURNOUT AND CREATING PERSONAL GOALS

### ○ Life Audit

Evaluate where you are and where you want to be from a whole person perspective .

### ○ Stress Styles & Triggers

Self Awareness is key to understanding our tiggers and how we handle stressful situations.

### ○ Personal Goal Setting + Core Values

Evaluate where you are now and where you would like to be. You are a WHOLE person. Work is a part of you but it is important to have goals outside of work to prevent burnout. Defining your own personal Core Values becomes your north star as you navigate opportunities in life.

### ○ Team Building Aspect

Either as a whole or breakout groups...teams will choose one Personal Goal to share with the everyone. This allows for teams to gain more insight into what encourages and motivates each other and creates empathy and compassion in the workplace. This is also a fun way to have built in accountability buddies!