

Collaboration Levels

PRESENTATION OR SOUND BATH

- 30-60-MIN
- PERFECT FOR A STAFF MEETING OR WORKPLACE “LUNCH & LEARN”

INTERACTIVE WORKSHOP

- 1.5 TO 2.5 HRS
- EXPERIENTIAL; PERFECT FOR SUPPORTING YOUR TEAM’S SELF-CARE AND FOR CULTURE-BUILDING

RETREAT EXPERIENCE

- 3 HRS TO 2 DAYS
- COMPLETELY CURATED TO FIT YOUR GROUP’S NEEDS AND GOALS; CAN INCLUDE MULTIPLE OFFERINGS

CLIENT FEEDBACK

“Katy's ability to connect and empower left a lasting impact on everyone involved and exceeded expectations. I would highly recommend booking Katy!”

-Chelsea Glezen, Educational Office Professionals of Ohio

“Katy's mindfulness workshop helped my team relax, refocus, and reenergize... I'm confident my team is now prepared to meet the needs of the community with an open mind centered around kindness.”

-Jeff Rothweiler, Executive Director, Pataskala Public Library

“Katy put her heart and soul into this retreat. Everything was carefully planned and thought out perfectly to meet the needs of the participants. I would give this retreat a 5 star review for sure! I worked on myself and have new tools in my toolbox that will provide meaningful positive changes.”

-Leslie Waye, RN, MSN, Dayton VA Center

Contact Katy



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