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Whole Pathways to Wellness
BY WHOLE WOMAN GLOBAL · EVANSTON, IL

CORPORATE WELLNESS WORKSHOP MENU

A healthy workforce is a *resilient* workforce.

High-impact wellness programming delivered at your workplace and shaped around the real pressures your people carry: mind, body, finances and leadership.

Why partner with us

We come to you

On-site sessions meet employees where they are, raising participation and keeping downtime low.

Root-cause focus

We address the sources of workplace stress, not just the symptoms, to protect morale and retention.

Tailored to your team

From caseworkers to client-facing staff, every program is adapted to your industry and goals.

Ways to work together

Single workshop

One focused session on the topic your team needs most right now.

Multi-week series

A structured program with take-home materials, built for lasting change.

Wellness event

A custom team experience, from wellness evenings to retreats and appreciation days.

Led by Neticia "Coach Tish" Waldron

Transformation coach and financial literacy trainer with more than 20 years in healthcare administration. Founder of Whole Woman Global and Program Director of Whole Pathways to Wellness, a health equity partnership with the City of Evanston. Featured by the Chicago Tribune, FOX 32 Chicago and CEO Weekly.

THE MENU

Workshops

Every workshop can be delivered as a single session, built into a series, or combined into a custom event.

01

Burnout Prevention

Recognize the early signs of burnout and build practical habits that restore energy and focus.

- Spot personal and team stress signals
- Boundaries and recovery practices that fit a workday
- A personal reset plan

Best for: high-demand and frontline teams

02

R.E.A.L. Leadership

A leadership series that strengthens how managers lead themselves and support the people they serve.

- Leading with clarity under pressure
- Building trust and accountability
- Sustaining your own wellbeing as a leader

Best for: managers, supervisors and caseworkers

03

The W.H.O.L.E. Framework™

Five pillars of wellness and wealth: a whole-person approach to health, habits, money and growth.

- Assess where each pillar stands today
- Connect physical, emotional and financial health
- Set goals across all five pillars

Best for: all-staff wellness kickoffs

04

Longevity Through Detoxification

Simple, sustainable changes that reduce everyday toxins and support healthy aging.

- Nutrition, hydration and sleep foundations
- Reducing stress load on the body
- Small daily practices that add healthy years

Best for: wellness challenges and lunch-and-learns

05

Chronic Disease 101

Understand the conditions that most often shorten lives, including hypertension, and how to prevent them.

- Know your numbers and what they mean
- Risk factors you can change
- Getting the most from your care team

Best for: benefits and open-enrollment season

06

Build Your Own Business

Financial literacy and entrepreneurship that help people build stability and wealth beyond the paycheck.

- Budgeting, saving and emergency funds
- Turning skills and passions into income
- Business foundations from idea to LLC

Best for: financial wellness and youth programs

Trusted by organizations including the **Chicago Center for Nonviolence** and the **City of Evanston**.

Let's design your team's program.

Book a free consultation. We'll learn your goals and recommend the right mix of workshops for your people.

Neticia Waldron
(773) 242-7558
wholewomanfitness@icloud.com
wholepathwaystowellness.org