

SELF REBOOT



2023 SERVICES MENU

A hybrid work environment calls for a hybrid wellness solution.

Optimal health doesn't happen in a silo and doesn't happen overnight. But with the right tools, team & time, you can get to where you're looking to go.

Reboot & upgrade your wellness capabilities!



IGNITE & REBOOT PACKAGE

STRETCH your legs & your capabilities
MOVE your arms & your energy state
STRENGTHEN your body & your mindset
in just 15 minutes

Includes

LIVE Reboot 15 classes via Zoom (private link)

Subscription to Self Reboot's Video Library

- Exercise Videos
- Master Classes: mental, nutritional, and financial wellness
- Guided Meditations

Reporting

Monthly FREE Pop-Up Classes

Marketing materials to promote the program

Up-to 500 employees

Pricing

12 live classes
12-month subscription

Investment \$3,300
\$13 per employee
based on 250 employees

6 live classes
6-month subscription

Investment \$1,650
\$7 per employee
based on 250 employees



Turnkey Wellness

SELF REBOOT 

For more info & to set up a demo
EMAIL: dawn@selfreboot.org

PLANT-FORWARD EATING for Beginners

A virtual course designed to empower employees to prepare more disease-fighting meals and successfully transition to a Plant-Forward Lifestyle.

24/7 access with accountability is just like having a wellness team ON SITE.



COURSE DETAILS

4 info packed modules, 12 recipes, 12 cooking demos, and 16 helpful handouts

Module 1: Plant-Forward Eating - Definition & Health Benefits

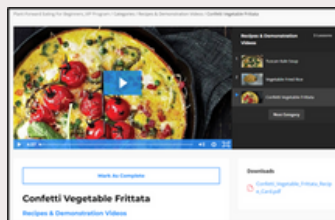
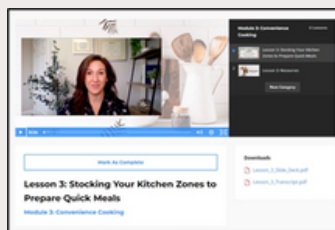
Module 2: Building a Balanced Plate - Strategies to Get More Plants on your Plate

Module 3: Convenience Cooking - Stocking Your Kitchen Zones to Prepare Quick Meals

Module 4: Bringing It All Together - Meal Prep and Planning for Individual & Family Meals

Each module includes:

- Lesson video
- Resource video and downloadable pdfs
- Recipe cards and demonstration videos
- Weekly grocery list
- Presentation slides and transcript



INCLUDES

4 "Live" Q&A's with the dietitian, Elisa England, MS, RDN.

Subscription to Self Reboot's Wellness Video Library

- Fitness classes - strengthening, stretching, Zumba, cardio kickboxing, Yoga, Pilates and Tai Chi.
- Mental Wellbeing master classes with Diane Lang, MA, PPC
- Guided Meditations by Dawn Lorentz

Reporting

Certificate of Completion

Live REBOOT 15 pop-up classes



FLAT RATE COST

\$3,750

Valued at \$5,180

February 14, 2023 LAUNCH

This course is only offered twice a year.

The last day to enroll employees is on 2/10/2023 by 12pm

ONLINE VIDEO LIBRARY

Less is More with *Self Reboot's* online subscription!

Selecting a class on most apps can be overwhelming and time-consuming because of having way too many options to choose from.



PACKAGE INCLUDES

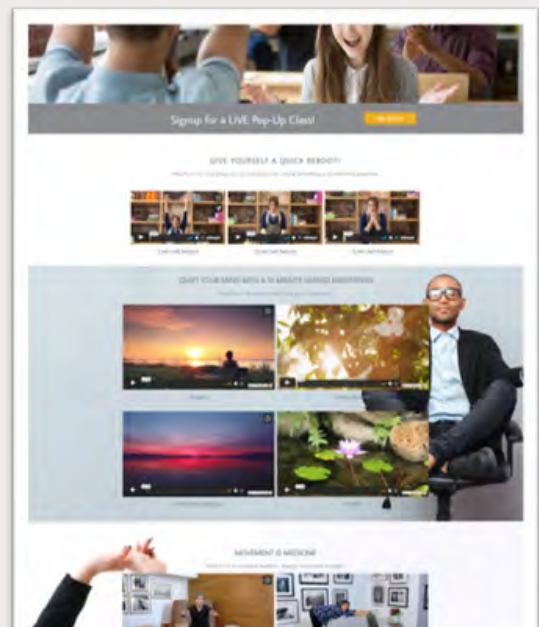
- Exercise videos
- Masterclasses on mental, nutritional, and financial wellness
- Guided meditations
- Monthly pop-up classes
- 24/7 access for employees and their family

SUBSCRIPTION PRICING

\$150	\$1,500
Per Month	Per Year

Onboarding is a breeze...

You don't need help from the IT department because there are no integrations to set up. We'll have your site live within 24 hours and email you the website link along with marketing materials to promote the program.





Onsite Options with Dawn Lorentz

1-Hour Interactive Workshops

MEDITATION 101: Techniques, Benefits and a Beginners How-To **New**

This workshop is perfect for anyone who is intimidated to start a meditation practice, has tried and failed, or thinks meditation is too woo-woo! In this interactive workshop, you will learn:

- How meditation promotes mindfulness and the science behind it.
- Discover different forms of meditation and find out which one works best for you.
- Participate in live breathing & stretching exercises and a guided meditation.

SLEEP WELL

Learn science-based sleep patterns and issues, tips and practical tools to sleep better and live healthier lives.

- Sleep drive vs. circadian rhythms
- Discover your sleep cycle and Chronotype
- How sleep deprivation negatively impacts your health
- Discuss common sleep disruptors
- Tools & practices to a good night's sleep

THRIVE

Learn life changing self-care practices to manage stress and build resiliency. This workshop teaches scientifically proven tools, insights and practices to cultivate a healthier mind and body. Learn how to:

- Navigate stress with mindfulness, movement, nutrition and sleep
- Rewire the brain with positive thinking and gratitude.
- Release stress out of your body with chair yoga stretches and guided meditation



UN-WINE-D

Wine followed by yoga is a perfect pairing to boost employee morale. The event starts with a 60-minute gentle yoga class focusing on relieving stress in the body. Followed by wine and healthy bites to snack on while mingling with coworkers.

REBOOT & STRETCH

Release tension in the body and increase energy with breathing and stretching exercises. Learn to quiet the noise in your head with a guided meditation. (45 Minutes)

LOL (Movement & Laughter) with Dawn Lorentz

30 minutes of playful exercises with lots of laughter to channel your inner child and let go of whatever is holding you back. (30 Minutes)

CARDIO KICKBOXING with Dawn Lorentz

Get ready to burn calories and sweat your stress away. This cardio workout combines kickboxing and functional fitness exercises – squats, lunges, and abs. (45 Minutes)



Mental Wellness

1-Hour Session

presented by Diane Lang, MA, PPC
Therapist, Educator and Life Coach

WAYS TO MANAGE STRESS & ANXIETY

The anxiety and panic we are feeling is understandable and while we can't control how the outbreak will pan out in the US, we can control how we react to it. In this session, we will learn:

- Coping strategies to feel less anxious, more balanced, and optimistic
- The impact of stress and anxiety on the body
- The importance of socialization, support and not isolating or internalizing our emotions

BOUNDARIES & BALANCE **New**

We all want a balanced life but what does that look like? Feel like? To have a balanced life, we need to have good routines, boundaries, and self-care. In this session, we will dive into creating balance by setting up healthy boundaries, being self-aware of what types of healthy boundaries exist, creating good routines and making selfcare realistic and attainable.

DECLUTTER TO DE-STRESS

When you declutter your mind, the rest will follow. Learn realistic practices that will make a HUGE difference in your life.

- Identify your triggers for stress and anger
- Ways to simplify your life and live in the now
- Practices to feel more empowered, motivated, and healthier

SELF-CARE: Filling Up Your Cup **New**

People spend much of their lives nurturing others. When we find ourselves focusing more on others instead of ourselves, we become stressed out and we can burn out.

Selfcare is not selfish. It is an essential component to appreciating yourself, cultivating happiness and finding balance. Learn the importance of self-care and specific actions you can take to fill your cup.

EMOTIONAL DETOX

We all have people who push our buttons, drain our energy and take us off track. From co-workers to neighbors, friends and family members. Difficult people can be found anywhere. These types of people can create situations that cause us to feel frustrated, drained, fatigued and unhappy.

- Tips to deal with difficult people
- Different communication techniques to effectively handle negative/difficult people
- What is a toxic relationship
- Negativity bias and the consequences of too much negativity

POSITIVE AGING **New**

Life expectancy has improved during the past couple of decades. Most of us will look forward to twenty or more years in retirement. How we choose to address our aging bodies and minds during this time will be up to us. Our beliefs on aging play a huge role in our happiness and health. In this workshop you will learn:

- Ways to thrive at any age and gain perspective on the aging process.
- The truths and myths of aging.
- Cultivate a positive approach to our future years and see the new possibilities that this stage of life can bring.



Mental Wellness

1-Hour Session

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POSITIVE PSYCHOLOGY: **New**

Finding Your Happiness

We all want to be happy. However, what is it that truthfully makes us happy? Can we be happy- is it in our control? What changes can we make in our life to be happier and healthier? Learn new ways of thinking and behaving that will make your life happier like expressing gratitude, setting life goals, random acts of kindness, etc. Make small changes now that will help you to live a more positive and resilient lifestyle.

THE POSITIVE PARENT **New**

We all want to be the best parents we could be, but how could we do it? Using Positive Psychology as its foundation, we can raise our kids to be more optimistic and resilient.

- Learn ways to encourage your child to be the best they can be and become the role model you want your kids to follow.
- Discover what traits can be learned
- What types of environment nurtures a child towards a positive lifestyle

COPING WITH CHANGE AND LOSS

Change is the only constant – learning to accept and embrace change will help us go through it easier.

- Why we resist change and the effects it has on us both emotionally and physically
- Ways to overcome change and manage stress
- Reactions to grief and recognizing the damaging effect of unresolved grief

POSITIVITY = PRODUCTIVITY

Motivating employees isn't just about giving raises. Believe it or not money is not the best motivator. But what is? Find out the best ways to motivate employees and keep them happy in the workplace. Learn how to:

- Motivate employees without money
- Make employees happy and loyal at the workplace
- Lower absenteeism and turnover rates
- Empower your employees

STAYING POSITIVE DURING TRYING TIMES

With gloom and doom around us, it can be hard to find the positive. Isolation has many of us feeling sad and anxious. But it is possible to stay positive, feel hopeful and reduce stress/anxiety during these turbulent times.

In this session, we will learn life-changing tools and mindfulness practices to increase their ability to manage difficult situations, make wise choices and stay calm.

MIND, BODY & SOUL

“Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity”- *World Health Organization*.

Being healthy takes place on many levels. We must consider the physical, emotional, mental and spiritual levels. We can't ignore any of these levels and expect to be healthy. Being truly healthy is a balance of all the core areas of life. In this session, learn realistic, easy to follow tips to feeling good and balanced on all these levels.



Mental Wellness

1-Hour Session

presented by Diane Lang, MA, LPC
Therapist, Educator and Life Coach

NURTURE MINDFULNESS IN THE WORKPLACE **New**

Our modern lives are busy and always changing. The stresses of time pressure, finances, performance, and relationships surround us. Technology has enabled us to move very quickly and increased our performance, but in many ways has inhibited true connection with others or ourselves. The practice of mindfulness is a growing trend, one meant to help increase our ability to be in the moment. In this session, we'll explore several basic techniques we can all use to reduce our stress and become more mindful that will help us to be happier both professionally and personally.

TURNING SETBACKS INTO ADVANTAGES TO CAUSE GROWTH & RESILIENCY **New**

Can setbacks help us create opportunities to positively affect the world around us? Everyone goes through challenging times but how we use these setbacks to help us grow cultivates resiliency. Learn ways to turn setbacks into advantages, cultivate renewed personal growth and enable recovery from life's challenging events

WAYS TO MANAGE VIRTUAL FATIGUE

Zoom fatigue is actually "a thing" now... and you're not alone. Many of us are spending our days virtually and it's easy to feel drained by technology. As we transition from the pandemic into post-pandemic life, many companies have adopted hybrid models which means virtual is here to stay. In this session we will go over the why behind virtual fatigue and how to manage it.

WHAT KIND OF SMART ARE YOU: Learning Your Strengths and Finding Your Passion **New**

Create balance, relieve anxiety and find happiness by finding your strengths and your true purpose/passion. Learn about the eight different intelligences of the *Multiple Intelligence Theory* by Howard Gardner.

In this workshop, you will take a personality test and find out your top skills and strengths and how they can work for you. Discover your best style of learning and how to focus on your strengths for creating and enjoying your best life.

COACHING YOURSELF TO SUCCESS **New**

Are you feeling stuck? Stagnant? Are you ready for your best life? To feel a sense of happiness and purpose in life?

Asking yourself the right questions can push us into new possibilities and opportunities. It can lead to finding happiness and success in both your personal and professional life. Whatever your goals/dreams are, this workshop will teach you the right questions to ask yourself.



Healthy Eating

VIRTUAL ONLY (1-Hour Webinar)

presented by Elisa England, MA, RDN

**Includes cooking demo*

EAT TO BEAT STRESS **New**

Stress: There is no avoiding it but having strategies to manage it can be a powerful tool for your health. Uncover specific foods that help you to feel calm, cool and collected while you explore a mindful approach to combat stress eating.

HAPPY HEALTHY GUT **New**

We are what we eat! Over 90% of the happy hormone serotonin is produced in the GI tract. Explore the gut-brain connection and how to include probiotics, prebiotics, and fiber in your diet to support a healthy gut microbiome.

HITTING THE ROAD **New**

Deep dive into how to navigate dining away from the home while maintaining a balanced eating plate on the go. Handle social events with ease, explore healthy options at restaurants, and uncover the key to snack packing like a pro.

BUILDING A HEALTHY KITCHEN

Learn how to set your environment up for success and stocking healthy kitchen zones such as the pantry, freezer, and refrigerator.

- Create a grocery shopping list
- Organic vs. conventional produce
- Understand food labels (grass-fed, free-range, GMOs)
- Build confidence on how to fill a healthy grocery cart to prepare healthy meals at home.

EAT WELL

Learn how to transition to a **plant forward** diet by including more plant-based foods, and fewer animal proteins into everyday eating.

- Nourish your body by consuming unprocessed or minimally processed foods, healthy fats from plants, herbs and spices and responsibly produced animal products in moderation.
- Discover how plants help balance hormones, reduce inflammation, optimize digestion and prevent cardiovascular disease, diabetes, and many cancers.

STAY YOUNG AT HEART

Learn how to optimize your blood sugars, blood pressure and cholesterol through the healing power of food.

- Understand the impact nutrition has on various markers of heart health and prevention of heart disease.
- Identify strategies to reduce saturated fat and sodium in the diet.
- Learn how whole plant-based foods can promote heart health.

NUTRITION FOR OPTIMAL IMMUNITY

An introduction to functional nutrition concepts as they relate to supporting optimal immune system function.

- Understand the importance of building a resilient immune system
- Learn about food sources containing immune-supporting nutrients and how to build balanced meals and snacks with them.
- Create a kitchen supportive of storing, preparing and consuming immune-supporting meals and snacks.



Fitness Classes

VIRTUAL 30-minutes | **ON-SITE** 55-minutes

REBOOT & STRETCH with Dawn Lorentz
Release tension in the body and increase energy with breathing and stretching exercises. Learn to quiet the noise in your head with a guided meditation.

SLOW FLOW YOGA with Dawn Lorentz
A soothing yoga class focusing on breathing, basic postures and alignment. Ending with a guided meditation, guaranteed to make you feel calm and rejuvenated.

PILATES MAT with Karen Conway
A core focused, full body practice driven by breathwork and the engagement of the “powerhouse”, strengthening the core and increasing muscle mass and flexibility.

BARRE with Karen Conway
A low impact, full body workout combining ballet barre, Pilates and yoga increasing strength, flexibility and balance.

TAI CHI with Ina Taurus
Introduction class. A relaxing class designed to reduce stress, improve balance and concentration. No equipment, no changing and recommended for EVERYONE.

REBOOT & STRENGTHEN with Coach Pete
Get out of your head and out of your chair. Time to turn on those “sleeping” muscles and start building the strength your body needs. Practice basic movements to help better your posture and over all wellbeing.

CARDIO KICKBOXING with Dawn Lorentz
Get ready to burn calories and sweat your stress away. This cardio workout combines kickboxing and functional fitness exercises – squats, lunges, and abs.

ZUMBA with Eileen Caramanica or Yomi Karade
Shake the day off and give your mind a dance break.

CORE-STR with Yomi Karade **New**
Core strengthening is vital for improving balance and stability, posture, lower back, protect our organs and central nervous system and enhance our daily activities. This class is made to challenge your central area and body, making you stronger and fitter so that you can live a better and fabulous life. **(On-line Only)**

LOL (Movement & Laughter) with Dawn Lorentz
Playful exercises with lots of laughter to channel your inner child and let go of whatever is holding you back.



Financial Wellness

VIRTUAL ONLY (1-Hour Webinar)

presented by Elliot Gindis, MA

MANAGING YOUR DEBT

While debt is often a part of our financial lives, it can become a problem if it overwhelms our ability to repay it.

- What are the different types of debt?
- What is good and bad debt?
- What are the common categories of consumer debt?
- How to avoid getting into debt.
- 4 methods to pay back existing debt.

FINANCIAL FREEDOM

Think of your financial health as a table with four legs. For the table to stand, all four legs need to be solid. If one is missing or weak, the table will wobble, if two or more are missing, it will fall.

Learn the four legs to financial freedom: Reducing your debt, Saving your money, Investing your money and Protecting your money.

PRICING

1 Hour Workshops:

Virtual \$ 595 - \$695 per class up to 500 participants
On-site \$ 895 - \$1,295 + TE

Fitness Classes:

Virtual \$ 195 - \$ 295 per class up to 500 participants
On-site \$ 395 + TE

Includes:

- Customized Flyer with Zoom link
- Handout/Copy of Slides for all workshops & webinars
- Registration, Attendance & Performance Reports (**virtual only**)

Wellness Package:

PURCHASE

2 Webinars
2 virtual Classes

RECEIVE

2 months FREE to Self Reboot's Video Library

selfreboot.org

MEET OUR TEAM OF EXPERTS



Dawn Lorentz | **Physical & Emotional Wellness**

Founder and President of Self Reboot. Dawn is a former corporate burnout, who spent 15 years in a stressful work environment; causing chronic migraines, insomnia, depression and autoimmune disease. She ultimately healed herself by learning holistic techniques through acupuncture, and meditation. Turning her pain into passion, she was inspired to become a certified Yoga instructor, Group Fitness Instructor, Personal Trainer and Wellness Coach. Dawn has 12 years of teaching experience and has rebooted over a 150 companies in the tri-state area.



Diane Lang | **Emotional & Mental Wellness**

As a Therapist, Educator and Positive Living Expert, Diane has dedicated her career to helping people turn their lives around and is now on a mission to help them develop a sustainable positive attitude that can turn one into an optimist, literally. Diane is also an Adjunct in Psychology at Montclair State University, where her college work includes mentoring students for personal issue advisement.



Jhon H. Velasco | **Social & Physical Wellness**

Jhon earned a Master's in health education from Teachers College, Columbia University in 2005 with a focus on public health education. Jhon has designed and implemented international public health lectures and performs training and workshops on topics including diversity and inclusion, mental wellness, PTSD, stress management, yoga, meditation and social injustice. A consistent theme in his career has been the development, implementation, and analysis of new and existing public health projects for a variety of global communities, specifically underserved populations. His commitment to working with individuals and groups to improve their lives through education, mentorship and empowerment remain a core focus of his. Jhon is also a certified yoga and meditation instructor, having practiced throughout the Americas, Europe and Southeast Asia.



Elisa England, MA, RDN | **Nutritional Wellness**

As a Registered Dietitian Nutritionist, Elisa started her career as a clinical dietitian focusing on cancer treatment support and cardiovascular disease management. By working with very ill patients, she quickly realized that she wanted to not only support those living with chronic disease, but help individuals prevent the onset of these chronic illnesses. Elisa helps individuals move beyond appearances and shift the focus to nourishing the body on the inside and ultimately work on creating a positive relationship with food. By treating the body and mind well now, our thriving 90-year-old selves may thank us later!



Elliot J. Gindis | **Financial Wellness**

Elliot has been an investor and entrepreneur since the mid-1990s. He has also struggled figuring out the ins and outs of personal finance while in his 20s and 30s, which led him to be a financial writer and coach years later. Elliot is a licensed financial advisor, real estate and life insurance agent. He runs the recently established Keystone Financial Academy channel on YouTube.

MEET OUR TEAM OF EXPERTS



Pete Isip (Coach Pete)

Physical Wellness

Owner of KRANK Systems which focuses on group training and fat loss boot camps. Pete holds multiple fitness certifications including National Strength and Conditioning Association, Underground Strength Coach, Kettlebell Concepts, USA Weightlifting, International Youth Conditioning Association. Pete was selected among hundreds of applicants to participate in Men's Health Magazine "Next Top Trainer" and reached the final four.



Yomi Karade, BA, ACE, CPT, YS, BMS

Physical Wellness

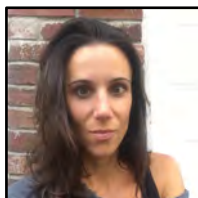
STRONG by Zumba instructor and founder of IFP – Inclusive Fitness Programs for Adults and Children with Special Needs



Ina Cabrera

Physical Wellness

Certified Yoga & Tai Chi instructor. Ina completed a 3-year teacher training at the Tree of Life Tai Chi in Boston under the guidance of Dr. Peter Wayne author of "The Harvard Medical Guide to Tai Chi". Ina believes that a focus on alignment and maintaining a feeling of softness allows the breath flow freely through the body to maximize healing. It gives her great joy to be able to share the tools that have helped her through her life journey with others.



Karen Conway

Physical Wellness

Karen's lifestyle has always included fitness and health. As a Certified Personal Trainer, Pilates and Barre instructor, she combines different areas of movement which is vital to finding balance in a healthy fitness program. Karen believes in strengthening the body from within by developing mobility and flexibility with Pilates along with strength training.