

Impactful Learning and Scalable Wellbeing



Growth, connection, and wellbeing are important for your people, now more than ever.

- ▶ Reduce burnout
- ▶ Lower employee stress
- ▶ Cultivate connection
- ▶ Align purpose
- ▶ Humanize leadership

No matter where your team is, YOL can help

- ▶ Affordable programs for leaders, teams, and individual contributors
- ▶ Accessible for all levels — offered online, offline, onsite, and offsite
- ▶ Synchronous and asynchronous solutions to accommodate global teams

Built for today's world with tools that work now

- ▶ Integrate somatic (mind/body) practices with learning and service engagement
- ▶ Designed to meet people where they are
- ▶ Using evidence-based practices with sustained impact

Prioritizing team wellbeing is essential during the hybrid work era. Enter YOL.

By helping people attain “flow”, the optimal state for learning and peak performance, YOL gives professionals access to the tools they need to be better leaders, and activate and sustain their best performances.



90%+ of respondents agreed with the following

- I would recommend YOL
- I will use what I learned
- The program was valuable to me
- Delivery by facilitators was effective

Trusted by forward-thinking companies and leaders



Proven strategies. Measurable results.

Since 2014, YOL has been supporting leaders and their teams with impactful programs that increase compassion, connection, performance, and productivity.



90%

Participants agreed the sessions provided actionable items and learnings to apply to job

YOL offers tried-and tested programs that are low on time commitment, high on results.



## Key Programs

### Foundations of Resilience

Enhance wellbeing, reduce stress, and foster resilience through a combination of theory, experiential practices, and practical applications.

### Courage: An Initiation for People Who Lead

Three-part experiential program for senior and emerging leaders. Learn how to truly lead with courage and embody a new level of trust within your team.

### Fundamentals of Financial Wellbeing

This program is focused on building employees' awareness around their relationship with money and combating the stress associated with financial anxiety.

### Mental Fitness for Teams

Ancient wisdom meets modern-day mental fitness in a powerful program that provides techniques to defuse in-the-moment emotionally charged and high-stress situations.

Additional programs and details available [here](#).

## Select YOL Facilitators



### Zanette Johnson PhD

YOL's Director of Learning, helps teams increase engagement, wellbeing, and effectiveness. Drawing upon her background as a neuroscientist and her 25 years as a mindfulness practitioner, Zanette helps leaders stay relaxed, focused, and consistent.



### Jason Gant

An adversity, mental skills, and mindfulness coach with 10+ years experience working with students, athletes, and collegiate teams.



### David Perls

An executive coach, mindfulness teacher, and leadership facilitator. Following senior strategy roles at eBay, Charles Schwab, and Landor, David's work today is focused on enhancing conscious leadership through mindfulness.



### Melissa Andrada

A strategy consultant, leadership coach, motivational speaker, and facilitator passionate about collaborating with diverse leaders and teams to drive inclusion and transformation at scale.

Our **world class team of experience leaders, facilitators and, human capital experts** are passionate about helping leaders and teams perform their best.

Contact [teams@experienceyol.com](mailto:teams@experienceyol.com) or call 415.480.4676 to learn more about how YOL can help your teams be more effective in this new working environment.