

AVAILABLE PROGRAMS

As a wellness leader, we thank you for your dedication to supporting the wellbeing of your colleagues. The ThriveOn team can support you in a variety of ways. Below are a few opportunities that we have partnered with agencies in the past. If none of these programs fit the needs of your agency, please fill out the form and we will work with you to identify something that does.

Mental Health

Emotional Wellbeing Solutions Trainings: Our Emotional Wellbeing Solutions partner, Optum, offers a wide array of training topics related to workplace and work/life issues. Examples include Build Your Resilience, How to Better Manage Stress, and How to Manage Change.

[ACCESS THE FULL CATALOG OF TRAINING TOPICS](#)

Urban Zen Workshop* (45-60 minutes): Participants will learn about the nervous system and how stress lives in the body and experience a variety of gentle movements, breath practices, and body centered meditations. These practices are accessible, portable, practical, powerful and for everybody. Participants will experience a sense of well-being that impacts their ability to navigate everyday challenges, build healthy trusting relationships, decrease reactivity, and increase resilience. Virtual or in-person.

Gratitude Can Change Your Attitude Education Session (30-60 minutes): Learn the science behind gratitude, how it can help us during times of challenge, experience a gratitude meditation and gain other tools and resources to start or enhance a gratitude practice. Virtual or in-person.

The Power of Positivity Education Session (30-60 minutes): This session provides strategies for practicing positivity in the face of challenges. As one of the cornerstones of resiliency, attendees will learn about the health benefits of positivity as well as keys to happiness during challenging times. Virtual or in-person.

Stress Management Education Session (30-60 minutes): This education session is designed to equip participants with practical techniques and strategies for effectively handling stress in both personal and professional contexts. Through interactive discussions, mindfulness exercises, and experiential activities, attendees will learn to identify stressors, understand the physiological and psychological impacts of stress, and explore coping mechanisms such as time management, relaxation techniques, and positive thinking. Virtual or in-person.

Creating Energy at Work Education Session (30-60 minutes): If you find yourself exhausted at work and relying on caffeine or food to get you through the day, join us for this session. Learn how to naturally build energy at work and at home, and how to keep energy levels up. Virtual or in-person.

Overall Wellbeing

Self Care and Salt Scrub Workshop* (60 minutes): Self-care is an important part of wellness that is often overlooked. This session discusses helpful ways to practice self-care, including a lesson on how to make your own salt scrub! Virtual or in-person.

Building Your Wellness Vision Workshop (45-60 minutes): In this workshop, explore how to build your own personal wellness vision for your life using your core beliefs and values. Take time to be creative by making your own vision board. In-person.

Sleep Wellbeing & Health Education Session (30-60 minutes): Learn about how sleep impacts health & well-being and how to establish a sleep hygiene routine to lead to a restful night's sleep. Virtual or in-person.

Developing Your Personal Wellness Plan Education Session (30-60 minutes): Are you wanting to focus on your wellness but don't know where to start? The information available can be overwhelming so join our wellness consultants for an informational session on how to make lasting changes that will improve your quality of life. Virtual or in-person.

Blue Zones Approach to Wellness Education Session (30-60 minutes): The Blue Zones are five remarkable regions around the globe identified for their extraordinary populations who not only enjoy longer lifespans but also maintain vibrant health and active lifestyles well into their later years. Discover the secrets behind their resilience and vitality, and gain inspiration to enrich your own life through the wisdom of these exceptional communities. Virtual or in-person.

Physical Activity

Flex and Flow (30-45 minutes): Flex and Flow is a mindful movement class designed to counteract the effects of prolonged sitting and daily stress. Through a blend of deep stretching, gentle bodyweight flows, and core-strengthening exercises, this class helps you reconnect with your body. Perfect for all levels. In-person.

Building an Exercise Routine Education Session (30 minutes): A practical session that helps participants create a realistic, enjoyable exercise plan. Learn the basics of cardio, strength, and mobility, plus simple strategies to build a routine that fits your lifestyle and goals. Virtual.

Move Your Mood Education Session (30 minutes): A brief, engaging session that teaches how simple, intentional movement can positively influence energy, mood, and stress levels. Participants explore the science of movement and emotion, learn quick strategies to boost well-being throughout the day, and leave with practical tools they can use anytime. Virtual.

Movement Snacks Workshop (30-60 minutes): A bite-sized approach to moving more throughout the workday. In this interactive workshop participants will learn: 1–3 minute movement breaks they can do at their desk, band exercises targeted to common work-related aches, how to cue their environment to remind them to move and a 10-minute guided “movement circuit” to try together. Virtual or in-person.

Physical Activity Continued...

Resilient Bodies, Resilient Minds (30 minutes): Learn practical strategies to calm your nervous system and reset both body and mind. This interactive session blends gentle movement, breathwork, and stress regulation essentials, ending with a short resilience building circuit you can use anytime. Virtual or in-person.

Nutrition

Garden to Good Health Workshop* (60 minutes): Warmer months are a time of farmer's markets, abundant fresh produce, and gardens galore. In this workshop, we'll explore the connection between gardening and our health while troubleshooting common gardening woes and building your confidence to incorporate a garden into your routine no matter your lifestyle. Leave with your own decorated plant pot and something to grow on your own. In-person only.

Building Block Nutrition Education Session (30-60 minutes): Build an understanding of nutrition from the ground up by hearing from a registered dietitian. Learn about macronutrients vs. micronutrients, the USDA's MyPlate guide, eating to fuel your movement, meal planning, and the Go Slow Whoa guide to food choices. Virtual or in-person.

Healthy Eating on the Go Education Session (30-60 minutes): Whether you forgot to pack your lunch or are running late, tune in to learn tips and strategies so you can eat on the go while still supporting your nutrition and well-being. Virtual or in-person.

Eat Well Save Money Education Session (30-60 minutes): Become aware of what drives purchasing behavior and how that impacts health. Learn tips and strategies to help you navigate the grocery store to stretch your food dollar budget. By putting healthier choices in your cart you will be bringing healthier choices to your home. Virtual or in-person.

Onsite Cooking Demos* (30-60 minutes): In this hands-on demo, create your very own dish from start to finish, learning tips & tricks as well as nutrition advice as you go. Options for this demo include: In-person only.

- Tzatziki Dip & veggies
- Overnight Oats
- Chocolate Peanut Butter Energy Bites
- Chocolate Avocado Pudding
- Cherry Banana Smoothies
- Cereal Banana Skewers

*Program is limited to two per agency location per year.