

# PREMIUM WELLNESS SEMINARS



## Mindfulness Seminars with Noah Pomeroy

Uncover the transformative benefits of workplace mindfulness training with our certified instructor, Noah Pomeroy. Introduce your team to mindfulness through a one-hour workshop or dive deeper with a six-week course. Noah's accessible mindfulness programs offer an impactful approach to cultivating positive well-being, reducing stress, and enhancing team resilience. Elevate your team's success by integrating this proven practice into your workplace culture. Noah will work with your organization to tailor these sessions to focus on your teams' goals and objectives.

### PREMIUM 1 HOUR WORKSHOPS:

#### MINDFUL COMMUNICATION: CULTIVATE STRONGER RELATIONSHIPS

Daily exercise is an integral part of one's overall health. Join us as we explore ways to make it happen! This session highlights everyday attainable exercises, which keep our metabolism up and benefit us in chronic disease prevention/management and weight control. You may be pleasantly surprised with how possible it is to make movement regularly happen!

#### MINDFUL PRODUCTIVITY: HARNESS YOUR ATTENTION IN AN AGE OF DISTRACTION

In a world filled with constant distractions, your ability to concentrate is your superpower. Join us for a workshop that delves into the art of mindful productivity. Learn how to harness your attention, both personally and professionally, to achieve your goals. Elevate your effectiveness and cut through the noise to find a clear path forward. Join us to discover the transformative power of mindfulness for enhanced productivity. Expect a transformative experience in enhanced productivity, with guided practice, scientific insights, and interactive Q&A—online or in person.

#### MINDFUL LEADERSHIP: CULTIVATING A THRIVING WORKPLACE

Unlock the potential of mindful leadership in this transformative workshop. Explore how mindfulness practices can enhance your leadership abilities, foster a positive work culture, and drive meaningful change. Discover the art of leading with empathy, resilience, and purpose. Join us to cultivate the skills and presence needed to lead with intention and inspire your team toward success. This workshop, delivered online or in person, offers practical guidance, experiential exercises, and a space for reflection to empower you as a mindful leader.



### Noah Pomeroy, CMT-P

As an IMTA Certified Professional Mindfulness Teacher, Noah teaches courses for UCLA's Mindful Awareness Research Center and helps organizations and individuals enhance well-being & effectiveness with mindfulness training.

### PREMIUM SERIES WORKSHOP: MINDFUL MASTERY AT WORK: A 6 WEEK JOURNEY TO THRIVE

Embark on a transformative 6-week journey to harness the enduring benefits of mindfulness, both in the workplace and at home. Each weekly one-hour session is dedicated to guiding you in establishing a daily mindfulness practice so you may unlock the power of mindfulness. In addition to formal mindfulness meditation practices, you'll explore an array of daily life practices, including mindfulness in relationships, self-compassion, mindful eating, and mindful walking. Whether you join us online or in person, this course offers a profound opportunity for growth, featuring guided practice, enlightening scientific insights, and engaging interactive Q&A sessions as the group learns together. Discover the profound impact mindfulness can have on your workplace and personal life and learn to thrive in both realms.

For pricing please or to book a Premium Wellness Workshop or multi-week series for your organization, please contact Jenny Ostlind, Membership & Healthy Lifestyles Program Executive at [jostlind@ymcahonolulu.org](mailto:jostlind@ymcahonolulu.org) or call 808.678.4274. Y Corporate Partners receive discounted rates on introductory & premium workshops as a partner benefit.



FOR YOUTH DEVELOPMENT®  
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FOR SOCIAL RESPONSIBILITY

# PREMIUM WELLNESS SEMINARS



## Nutrition Seminars with Rita Madden

Let Rita share her knowledge & experience with your team on how small changes in the foods you eat can have huge impacts on health. Rita will share tips & tricks to eating healthier, while still enjoying food and guide your team on forming a healthy relationship with food. Choose from a 1-time workshop that includes food samples to a multi-week series.

### PREMIUM 1 HOUR WORKSHOPS:

#### UNDERSTANDING CARBOHYDRATES, PROTEINS & FATS

Food in balance is medicine! You do not have to completely give up meat, carbs or foods you enjoy for the sake of health; instead, you need to create a rhythm with eating. This workshop explores carbohydrates, protein, and fat and how we need to balance them to be our medicines.

\*\*Premium offering allows for food samples for up to 20 people.

#### ENJOYING EVERY BITE

Many feel powerless when it comes to controlling portions consumed. The participant will learn ways to control portions, especially when it comes to the foods they love. Less truly does equal more. \*\*Premium offering allows for food samples for up to 20 people.

#### HANDLING YOUR SWEET TOOTH

Life is sweeter with sugar. So how do we have it in a proper context? That is what this workshop is all about.

\*\*Premium offering allows for food samples for up to 20 people.

#### PREPARING QUICK, HEALTHY MEALS

We are all short on time these days. We discuss ways to get a nutritious and delicious meal on the table in a short amount of time, without leaning towards the unhealthy convenience foods.

\*\*Premium offering allows for food samples for up to 20 people.

#### TWIST ON DA LOCAL FAVORITES

Lucky we live in Hawaii, especially when it comes to all the ono foods! You don't have to give up your favorites for health; this workshop provides tips on how to enjoy them while caring for your health! Note: Food samples are provided for up to 20 people and can also include a cooking demo.



### Rita Madden, MPH, RDN

Rita holds a Masters in Public Health from Loma Linda University and is a Registered Dietitian. She has been working as a Dietician since 2000 and locally conducts workshops to help people develop a joyful relationship with food & health.

### PREMIUM SERIES WORKSHOPS:

#### MAKING MOMENTS HEALTHIER

A six-week series that includes these topics, food choices, portions, fasting, daily movement, and stress. Light food samples and weekly goal setting included.

#### REVERSING, PREVENTING &/OR MANAGING TYPE 2 DIABETES

An eight-week program involving food choices and portions, movement, and stress. Light food samples and weekly goal setting included.

#### STOMPING OUT STRESS

A two-week series. Stress can have an impact on our current and long-term health. In the first portion of the workshop, we discuss how stress affects the body then we end it with fun and practical ways to manage it. Weekly goal setting included and a one-on-one follow-up to check in on final goal is offered.

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