



Corporate Leaders Build Success by Instilling Passion in their Workforce.

They can count on their staff to be:

- Creative in Problem-Solving
- Focused and Skillfully Responsive in Execution
- Aspirational in Decision-Making
- Collaborative and Caring
- Efficient and Productive within 8 Hour Workdays



Mindfulness training focused on **your organizational challenges** and based on **employee-driven measurable data** designed to improve employee and organizational health.

MIND-MUSCLE TRAINING DISCOVERY WORKSHOP PACKAGE:

How & Why Mindfulness Works · Stress Reduction/Mental Clarity Techniques · Guided Meditation Experience · Employee Assessment · Data Analysis & Reporting

MIND-MUSCLE TRAINING EMPLOYEE/CORPORATE WELLNESS PROGRAM:

Customized Business Goal-Targeted Mindfulness Program Development · Program Implementation · Train the Trainer



Rachel Moncayo maintains 30 years of Mindfulness Meditation and holistic fitness education and practice. She develops and leads customized corporate worksite employee meditation programs, leveraging 24 years of corporate career background including employee training and project management expertise and first-hand experience in the demands and stressors of corporate life. Rachel brings deep understanding of mindfulness technique into her highly approachable corporate meditation workshops and programs, helping organizations gain a deeper understanding of the power of the mind and develop healthy and productive corporate cultures.

Rachel is MBSR trained, a graduate of Karin Kabbalah Process of Awakening Mindfulness Path-Working Program and Dr. Joe Dispenza Encephalon Intensive and Progressive Meditation Programs. She is an RYT certified Yoga Instructor, Reiki Level 1 certified as well as an avid student of numerous Personal Development programs and techniques.