

CORPORATE WELLNESS PROPOSAL

"BREATHE AND RECONNECT"

Prepared for: Companies in the Wellness, Technology, E-commerce, Finance, Real Estate, AI Development, and Strategic Marketing Sectors.

Facilitated by: Sanando Juntos - Sara Boyce & Mateo Krenz

1. The heart of efficiency: synergy between mental clarity, advanced technology, and effective processes

In high-demand environments—where strategic decisions are made, key agreements are forged, and innovative solutions are developed every day—the true engine of success is a synergistic relationship between the company's resources and the people operating them. A high-functioning team requires mental clarity and presence for optimal production. When an employee operates under chronic stress, their nervous system enters a state of survival. In this state, blood flow to the prefrontal cortex (the area of the brain responsible for logic, empathy, and problem-solving) decreases. As a result, analytical capacity is reduced, and the probability of technical or judgment errors increases. The Sanando Juntos proposal harmonizes and balances the nervous system of work teams. By teaching individuals how to improve their focus and state of regulation, the assertiveness in operations and processes increases naturally.

2. The strategic value of caring for work teams: a human and corporate return on investment

Investing in the comprehensive health of employees is no longer an optional initiative; it has become the fundamental pillar of leading companies. By integrating the Sanando Juntos program, your company not only proactively addresses the modern challenges of the work environment—such as burnout, chronic stress, lack of motivation, and absenteeism—but also radically transforms the relationship between the employer and their team.

When a company provides tangible tools for releasing accumulated tension and emotional regulation, it sends a clear message: we value the person behind the professional. This level of direct care generates a doubly positive impact. On the one hand, the employee experiences a substantial improvement in their quality of life, achieving a state of well-being that transcends the office and reaches their home. On

the other hand, the company cultivates a work environment where loyalty, intrinsic motivation, and a sense of belonging flourish naturally.

The result is a highly resilient corporate ecosystem. By mitigating mental and physical exhaustion, staff turnover and sickness absenteeism are drastically reduced, retaining the key talent your company so desperately needs. Ultimately, by creating opportunities that improve the real well-being of your team, the employer positions themselves as a catalyst for health and purpose, transforming the reduction of errors and the increase in productivity into a natural consequence of a happy, focused, and deeply cared-for team.

3. The "Breathe and Reconnect" program: 4 steps to clarity & awareness

This program has been designed with total flexibility to adapt to your company's operations. The dynamic group sessions are held online in a 50-minute format strategically integrated into the workday.

By being included in the workday, these sessions are not perceived as an extra burden, but as a gift from the company: an active and guided pause to recharge energy.

Structure of the Journey (4 Weeks)

- **Session 1: The power of the pause (Recognition and Presence)**

Focus: The first step is to step out of "autopilot." Employees will learn to map their own breathing and identify how tension is reflected in their posture at their desks.

Result: A state of awareness and full presence that allows them to identify their own stress peaks before they turn into fatigue.

- **Session 2: Releasing the weight (Release of stress and mental load)**

Focus: Dynamic practices of somatic breathwork and micro-movements (use of hands, neck, and shoulders). It focuses on releasing stagnant energy and the muscular tension generated by continuous work in front of screens.

Result: Reduction in symptoms of physical distress and of postural pain, release of "brain fog."

- **Session 3: Return to the center (Balance and reset of the Nervous System)**

Focus: Working directly with the nervous system to return it to its original state of harmony (parasympathetic state). Here we teach self-regulation tools that participants can use independently.

Result: Reduction of accelerated heart rate, returning a sense of safety, calm, and control to the body.

- **Session 4: Clarity in Action (Decision making from assertiveness)**

Focus: Integrating what has been learned to apply it in moments of highest demand. How to use breathing before a difficult negotiation, the delivery of critical code, or resolving a conflict with a client.

Result: An empowered team, capable of responding to challenges from mental clarity and assertiveness, rather than reacting from stress.

The impact on team culture

Beyond individual health, these group sessions act as a powerful human catalyst. By sharing this wellness space, hierarchical and operational barriers relax, fostering more meaningful, empathetic, and cohesive work relationships.

Implementation and Continuity

- **Committed Attendance:** We keep a record of attendance and participation of every employee.

Long-Term Vision: "Breathe and Reconnect" is the ideal foundation. Based on the measurable results of this first month, we can determine an Annual Support Plan or customized modules according to the specific needs we identify in your team.

4. Investment in your Team: Implementation Packages

We understand that caring for your team is not an expense; it is the smartest investment a top-level company can make.

This program not only prevents burnout but also becomes a positive and measurable action for your Corporate Wellness and Social Responsibility portfolio, elevating your appeal as an employer brand to retain and attract the best talent in the sector.

We have structured the 4-week program (1 session per week) in a flat-rate format, simplifying implementation based on the size of your team:

- **Key Team Plan (Up to 10 employees):** Focal groups facing the highest daily pressure. \$1000 USD (\$100 per person).
- **Growth Plan (Up to 20 employees):** Designed for project teams, creative agencies, or technological departments working under agile methodologies. Investment: \$1600 USD (\$80 per person).
- **Expansion Plan (Up to 50 employees):** Perfect for complete operational departments, integrated finance areas, or customer service teams (Online/Phone). Investment: 50 employees: \$3,500 USD (\$70 per person).
- **Corporate Culture Plan (Up to 100 employees):** A large-scale transformation. Integrates multiple departments into a transversal wellness experience, unifying the company's culture. Investment: \$5,000 USD (\$50 per person).

Schedule your discovery call

Every company has a unique ecosystem and specific challenges. We understand that deciding to invest in the well-being of your staff requires trust and alignment with your company's values.

Before moving forward with a package, we invite you to schedule a **free 15-minute Discovery Call**.

In this brief space, you will be able to meet Mateo and Sara personally, share the specific challenges your team currently faces, and discover how we can adapt the **"Breathe and Reconnect"** program to generate the greatest impact, aligning the health of your employees with the strategic objectives of the company.

We are ready to help your team transition from stress to clarity.

Contact to schedule your meeting:

Email: info@sanandojuntos.org

Web: sanandojuntos.org

WhatsApp: wa.me/34607666413 - Mateo Krenz - Sanando Juntos Founder

Sanando Juntos — Elevating performance through corporate wellness.
