

Corporate Well-Being

sustainable learning opportunities

strategy and experiences for your employees
well-being & mindfulness, activating resources

we provide:

stress management, unleash potentials, emotional intelligence, clarity & concentration, more productivity, less sick leave, burnout-prevention, tackle new challenges

How to start

- . Strategic assessment, status-quo analysis
- . Identification of needs & grows
- . Corporate well-being plan

- . Facilitating well-being & mental health sessions
- . Lectures and try-outs (20 to 45 minutes)
e.g. prior to or during a management-meeting
- . Recurring sessions of breathwork & movement
e.g. stress relief, resilience, clarity
- . Knowledge session & practice (90 minutes)
- . Team building workshops

What's the experience?

Weekly sessions *)

breath management to release stress & enhance performance, etc.

Team-experience *)

on site/virtual workshops

Team-experience outdoors

sailing seminars as offered
(please see extra sheet and www.re8alm.com)

*) in situ - hybrid - virtual

Motivation & Thrive

- Breathwork
- Techniques & Tools

VALUE PROVIDED:

+ overall health & agility
Tool box always available

Develop Habits

- Status Quo Exercises
- Meditation / Movement

VALUE PROVIDED:

+ productivity
Enhanced resilience

Master Stress

- Breath / Meditation
- Techniques & Tools

VALUE PROVIDED:

+ extended new skill set
Methods and tools

All programs tailored to the very specific needs and characteristics of your company.

Mag. Georg Gamsjäger

Business Strategist / Well-Being Strategist
Sailing Pro / High-Performance Sport
Certified Yoga / Meditation Teacher
Passionate in Shaping Life & Health



What is it I bring to the room?

- . University degree in Economics & Social Sciences.
- . International automotive industry, profound strategical mindset and paramount management-experiences on HQ-, executive and consulting levels.
- . National team sailor, racing multiple European and World Championships.

Both the corporate world as well as professional sailing shaped his capabilities as a strategist and the skills of dealing with pressure or stress.

The human being as the center point of any activity has led him to deeper studies & degrees in mindfulness, meditation & breathwork (Los Angeles, CA). His real passion and aspirations come full circle:

“These extended practices with all the studies & science behind them gifted me with vast experiences & knowledge beyond another university degree.”

“We are not machines, we are human beings.”

Let's explore .. let's grow .. let's evolve together.

WHY CHOOSE US

Our integrated approach of corporate strategies, overall performance and individual well-being is based on profound experience in all of those fields.

