

# TEAM WELLNESS PLAN

IT'S TIME TO REGULATE YOUR NERVOUS SYSTEM

Virtual, hybrid, and in-person workshops available.

Teaching from the unceded land of the  
Kumeyaay, also known as San Diego, California

[pamcovarrubias.com](http://pamcovarrubias.com)



# Hola.



I look to co-create work cultures rooted in mental health, wellness, and mindful productivity where everyone thrives.

**Employee wellness programs show you care about your team's overall well being.**

Together, you and I work to co-create the perfect solution for your team using EFT also known as tapping with the purpose to regulate their nervous system in a way that is gentle and accessible.

**EFT is a method for safely releasing unwanted negative or painful, emotions, thoughts and feelings such as sadness, fear, worry, anxiety, anger, guilt, shame, hurt, grief, bitterness etc.**

EFT relieves the emotional intensity associated with anxiety and it is used to “neutralize” unpleasant thoughts and feelings.

## I am Pam Covarrubias

I'm a Liberated Embodied Business Coach, Podcaster, and Recovering Procrastinator\*.

I show up to provide the space you need to navigate your human experience. Together, we will explore kindness and compassion so we can find intentional liberated ways to do business and conscious thought patterns to get you uncover your unique voice.

You can find me speaking Spanglish often. I believe we can exist in a world where every human is seen, heard, and valued.

I am a Clinical EFT Practitioner and I am constantly learning ways to serve you better. I have been practicing EFT for almost 20 years.

\*I actually discovered EFT when I learned I was a procrastinator and I've been tapping every since.



# Valuing the wellness of your team helps everyone thrive

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When your team is happier and feels taken care of, your workplace becomes a harmonious work culture.

## There Are Benefits of Investing In An Employee Wellness Program



### Reduces Stress

The Anxiety and Depression Association of America conducted a study that found 53% of the workforce suffers from stress triggered by their work responsibilities.



### Productivity Improves

The World Health Organization found that for every \$1 spent workplaces spend on mental health, \$4 are returned in productivity and mental wellness.



### Employee Retention

The Limeade WellBeing Engagement Report found that 83% of employees who feel valued, supported, and invested into their well being by their company are more likely to stay loyal and 91% are less likely to leave.

*“The wealth of business depends on the health of workers.”*

DR MARIA NEIRA, DIRECTOR,  
DEPARTMENT OF PUBLIC HEALTH AND  
ENVIRONMENT, WORLD HEALTH  
ORGANIZATION

# Your Tapping Workshop



Learn how to regulate your nervous system by using evidence-based tool EFT with the guidance of Pam Covarrubias, EFT Practitioner and Certified Coach.

During this educational and informative time together, you will learn the power of this tool to help you release stress and anxious thoughts so you can work with more peace and ease.



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**Let's talk and plan out the best workshop or series for your team.**

Workshop pricing starts at \$500 per session. We have available pricing for packages and series available upon request.

For additional questions and to schedule your workshop, please email [hola@spreadideasmovepeople.com](mailto:hola@spreadideasmovepeople.com)

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