

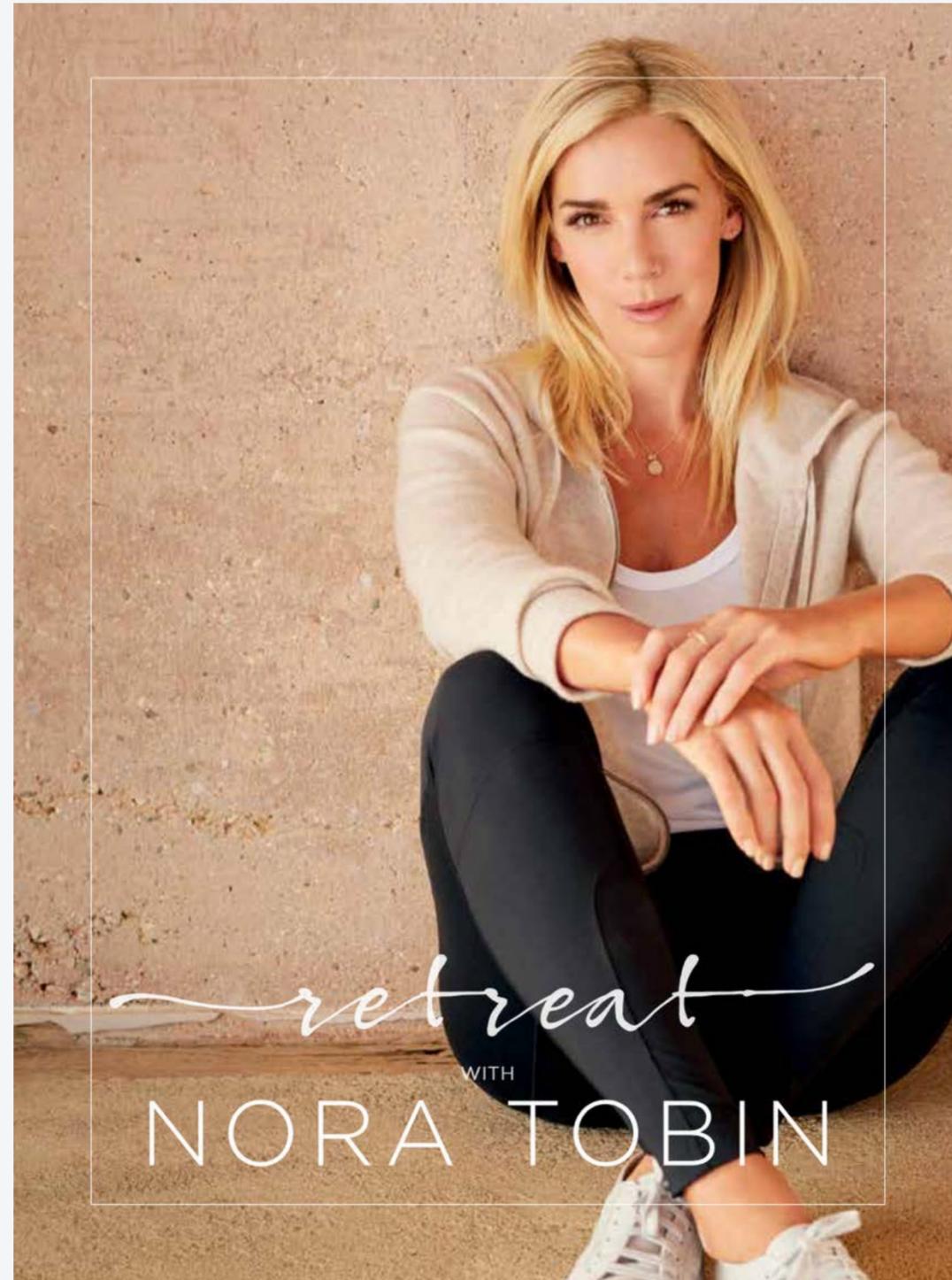
NORA TOBIN

Executive Essentials

virtual meetings & events — wellness
programming

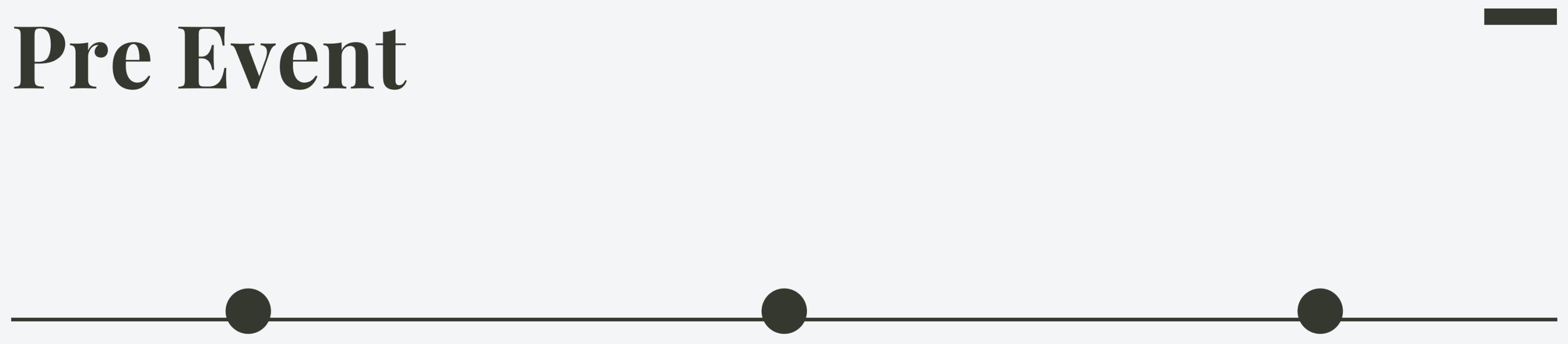


Executive Essentials: Virtual Offerings



Wellness Workshops
Mindful Moments
Active Breaks
Morning Workout Classes
Healthy Happy Hour
Senior Leadership Experiences

Pre Event



Work From Home Wellness

Digital content sent ahead of time to all event participants, sharing top strategies to utilize during the event/while working from home.

Example: Improve Immunity and Lower Anxiety.

Nora's Natruals

Recipe book and meal plan to utilize during the event. The meal plan will correlate with the agenda.

Company Branded Video

Video produced and hosted by Nora. Content includes welcome message and interactive stress relief prior to the event. Live or prerecorded.

During Event

Morning Moves

A variety of classes offered by Nora & her team: energizing yoga flow to lower stress, Authentic Movement Training to negate effects of sitting, HIIT workouts to accelerate fat burning, and meditation to focus the mind (classes optimal for all levels) Held at the same time each day (option for 2-3 class times to accommodate time zones + recordings for those who missed it.

Example: [Yoga Flow & Core Conditioning](#)

Workshops & Happy Hour

Nora to deliver top strategies to thrive while working from home- enhance neurogenesis, prolong focus, transform metabolic chemistry. Interactive and educational. Optional- 30- 60 minute sessions.

Example: [Fulfillment in 3: Fit, Fueled, Focused](#)

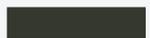
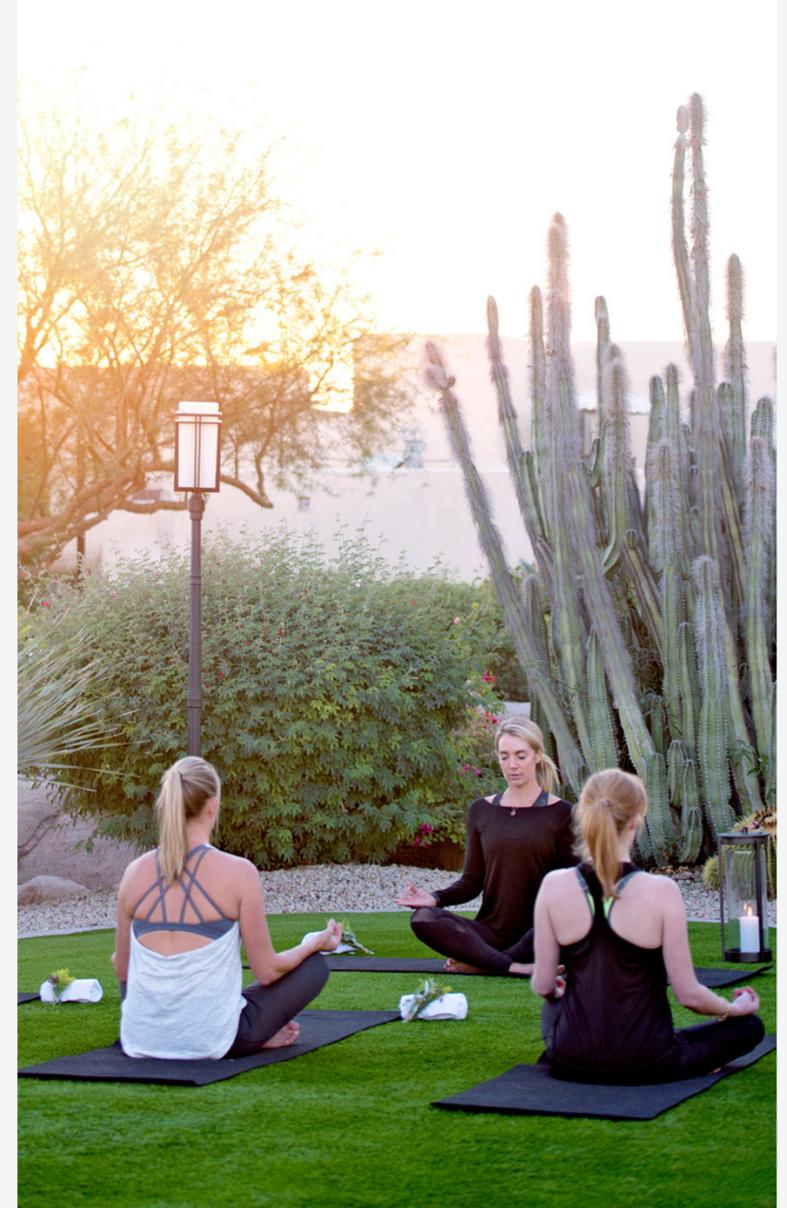
Mindful Moments

Pre recorded breaks specific to goals (enhance energy, improve analytical thought, lower anxiety, etc.). Participants can simply click on Mindful Moments in their agenda and they will be able to choose from any of the breaks.

Example: [Beat Zoom Fatigue](#)

On Demand Wellness

Participants can sign up for 15-minute consultations with Nora's team of health coaches to further customize their wellness goals.

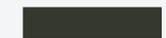




Extend the experience and benefit of event with ongoing content and products:

- **Executive Essentials Monthly Newsletter:** includes in depth research, work from home videos, recipes and strategies to thrive in a busy workweek.
Example: [Marriott International Global Sales: Monthly Content](#)
- **Nora's Naturals:** At home elixirs for deep sleep, lowered stress and enhanced energy-discounts for all participants

Post Event





Specialty Experience

Senior Leadership & Clients

PRE EVENT

Kale, Cardio & Cocktails gift box sent ahead of time with Nora's KCC five week fitness and nutrition program, Casa Dragones tequila and clean cocktail fixings, stress relief elixirs and workout items to be used at home.

DURING EVENT

Clean Cocktails x Stress Relief Session: Private virtual event for leadership team where participants will join Nora for clean cocktail makings, followed by an interactive stress relief and performance session.

Example of the type of content included in the session- The Ritz- Carlton & MI Luxury Brands- Virtual Happy Hour

POST EVENT

Six Week Virtual Program: Fit, Fueled, Focused videos each week and 1-2 additional live workshops that can be accessed from anywhere.

Example of content: Mondays: Upper Body Workout

Executive Retreat: Virtual retreat experience

Example: American Bar Association Virtual Retreat (filmed live at The Ritz-Carlton Santa Barbara)

Thank You

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