



**MIND BODY NATURE
COUNSELING**

**Inspired by nature,
we nurture well-being
through holistic and
mindful practices.**

[GO TO PACKAGES](#)

Hello, I'm Bailey, the root behind mind, body, nature counseling

Licensed Mental Health Counselor, Yoga Teacher,
Nature Educator. My passion for healing and
connection inspires me to support individuals and
teams through mindfulness, somatic therapy, and
nature-based practices. Let's cultivate balance and
resilience together.

- _____
- Grounded
- _____
- Compassionate
- _____
- Intuitive
- _____



Workplace Wellness & Mental Health *Packages*

At Mind Body Nature, we believe in fostering holistic well-being through nature-integrated practices.

Our thoughtfully designed packages offer tools to reduce stress, enhance resilience, and create a thriving, connected community—whether in the workplace, among teams, or within broader networks.

Shift into Holistic Well-Being



A cozy living room interior. In the foreground, a white sofa is adorned with a thick white blanket, a large round brown cushion, and a red throw blanket. To the left, a small wooden table holds a purple container and a framed picture. The background features a large abstract mural of mountains in shades of blue and green. To the right, a windowsill is decorated with several potted plants, including a Monstera and a plant with a rainbow flag. A colorful suncatcher hangs from the window. The text "It's time to reconnect, restore and thrive." is overlaid in the center in a white, bold, sans-serif font.

**It's time to reconnect,
restore and thrive.**

WORKSHOP 01

Workplace Wellness: Rooted Together

A nature-integrated wellness program designed to reduce stress and strengthen team camaraderie.

Through mindfulness, movement, and nature-based experiences, we help create a workplace culture that prioritizes well-being, productivity, and cohesion.

KEY BENEFITS

+ STRENGTHENS TEAM RELATIONSHIPS

+ BOOSTS WORKPLACE EFFICIENCY

+ INCREASES EMPLOYEE RETENTION

+ REDUCES STRESS AND FOSTERS SUPPORT

WORKSHOP 02

Employee Well-Being: Grounded & Thriving

A personalized wellness program aimed at equipping employees with stress management tools, mindfulness techniques, and movement-based practices for sustained mental, emotional, and physical well-being.

KEY BENEFITS

+ PROVIDES STRESS MANAGEMENT TOOLS

+ ENCOURAGES WORK-LIFE BALANCE

+ ENHANCES EMOTIONAL RESILIENCE

+ SUPPORTS LONG-TERM HEALTH

WORKSHOP 03

Community Nourishment: Thriving Connections

A community-centered initiative that fosters healing connections, builds resilience, and strengthens mental health literacy through nature-based group experiences.

KEY BENEFITS

+ FOSTERS BELONGING AND SUPPORT

+ REDUCES MENTAL HEALTH STIGMA

+ ENCOURAGES SHARED HEALING

+ STRENGTHENS COMMUNITY TIES

Investment & Packages

Single Workshop

- ✓ 1-2 hour session (virtual or in-office, if applicable)
- ✓ Customized content tailored to company or community needs
- ✓ Guided mindfulness, movement, and nature-based mental health exercises
- ✓ Post-workshop resources for continued support

*ADDITIONAL COSTS FOR SPECIALIZED RESOURCES.

\$500

4-Session Package

save
\$250

- ✓ Four monthly workshops | 1-2 hours each | (virtual or in-office)
- ✓ Customized content tailored to company or community needs
- ✓ Guided mindfulness, Somatic and nature-based mental health exercises
- ✓ Fillable guidebook & post-workshop support

*ADDITIONAL COSTS FOR SPECIALIZED RESOURCES.

\$1,750

Annual Package

save
\$1,000

- ✓ 12 monthly workshops | 1-2 hours each | (virtual or in-office)
MAY INCLUDE A COMBINATION OF IN-PERSON, OUTDOOR & REMOTE SESSIONS
- ✓ Includes all elements of a single workshop + Fillable guidebook
- ✓ Quarterly check-ins with leadership for progress tracking
- ✓ Free follow-up reflection session

*ADDITIONAL COSTS FOR SPECIALIZED RESOURCES.

\$5,000

POTENTIAL ADD-ONS

Additional Considerations

TRAVEL & LOGISTICS

Costs for off-site workshops, permits, or accommodations may range from \$500–\$2,000 per event, depending on location.

CUSTOM MATERIALS:

Handouts, guidebooks, and digital resources may add \$100–\$1,000 per workshop based on customization needs.

ONGOING DIGITAL SUPPORT

Access to check-ins, exclusive content, or online community support may range from \$250–\$1,000 per month.



STEP BY STEP

How It Works

1. CHOOSE A WORKSHOP & PACKAGE

Choose the workshop and package that best fits your team's needs for a meaningful experience.

2. SCHEDULE A FREE DISCOVERY CALL

A 30-minute consultation to explore your goals.

3. PLANNING PHASE

We tailor the program to your needs.

4. CREATION & PREPARATION

Customizing workshop content and materials. (\$150 per hour)

5. IMPLEMENTATION & FOLLOW-UP

Workshops are delivered, and follow-up resources provided. Each workshop includes a free 30-minute review call.



Let's shift into holistic well-being together.

CONTACT ME