

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 |
| ntuitive |



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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.







WORKSHOP 01

Workplace Wellness: Rooted Together

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

Through mindfulness, movement, and naturebased 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 inoffice, 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

- 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 & postworkshop support

*ADDITIONAL COSTS FOR SPECIALIZED RESOURCES.

\$1,750

save \$250

Annual Package



2 12 monthly workshops | 1-2 hours each | (virtual or in-office)

MAY INCLUDE A COMBINATION OF IN-PERSON, OUTDOOR

- 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

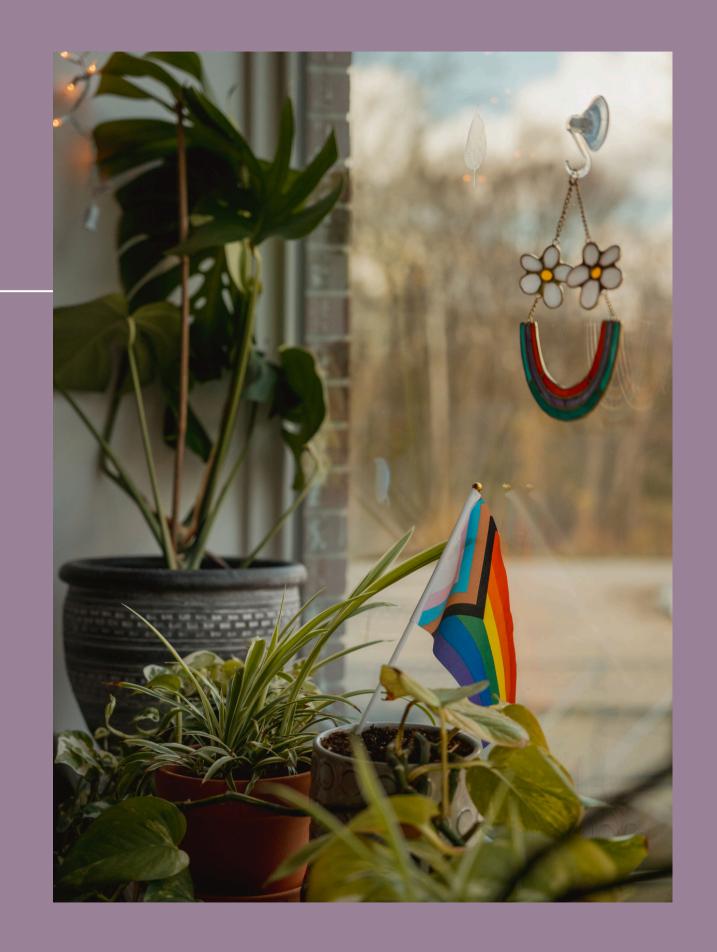
Costs for off-site workshops, permits, or accommodations may range from \$500-\$2,000 per event, depending on location.

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.

