

jathi

CORPORATE WELLNESS

Transforming the Corporate Sector with Decolonized Wellness Programmes
Corporate Pricing Packages

THE WORLD NEEDS CONNECTED CORPORATE LEADERS



Throughout the pandemic, we have witnessed the world increasingly calling in all of its leaders to cultivate a nurturing, supportive atmosphere for all of their employees within the workspace.

Over 43% of Women of Colour are leaving the workplace due to a lack of opportunity

While over 76% of Women of Colour in corporate spheres have unique skills from their lived experiences, but are not empowered at work to do so (PowHER)





CORPORATE LEADERS MUST RESPOND



Diversity, equity and inclusion responses are failing to successfully understand and harness the valuable skills of BIPOC employees due to inadequate representation, a lack of cultural sensitivity and understanding.

MEET JOTHI

Jothi is an Intuitive Healer and Guide. She uses Quantum Physics, Neuro-Science, Ancestral Wisdom, Spirituality, and Creative Process to hold space for folks to heal and find their way back to their truth.

Through a combination of lived experience and learnings, Jothi uses a trauma-informed decolonized lens in her practice, which allows for folks the capacity to show up fully in their truth.

jothi





2021 SOCIAL MEDIA

918K

Website Impressions

721K

Instagram Impressions

483K

Facebook Impressions

221

Jothi Creative
Wellness Programme
Members

PACKAGES

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Wellness Circles (60 minute sessions)

- 1 session for \$500
- 2 sessions for \$375 each
- 3 or more sessions for \$280 each

Multiple sessions can be delivered on a weekly, bi-weekly or monthly basis.

TIER 1



Wellness Circles (60 minute sessions) and Drop-in Wellness Breaks (15 minute sessions)

- 1 session for \$750
- 2 sessions for \$500 each
- 3 or more sessions for \$350 each

Multiple session package, can be delivered on a weekly, bi-weekly or monthly basis.

TIER 2



Customized Wellness Program

Jothi offers customized programmes and resources for your work force. Talk to Johti to create the best programming for your team's unique needs.

TIER 3



- Individual 1:1 Sessions with Jothi for \$50/hour
- Support process: \$200 for 3 90-minute sessions
- Support process: \$350 for 5 90-minute sessions

- Pre-recorded meditation/affirmation/ASMR Packages
- Self-guided Wellness Workbook

ADD ONS



- Meeting with senior staff to conduct a needs assessment
- Customized package that best suits the needs of staff, senior leadership staff, and clients
- An all staff meet & greet with Jothi prior to the start of program
- An end of group evaluation for the participants to provide anonymous feedback on their experience
- A final meeting with senior leadership staff to summarize group highlights and challenges, staff and facilitator feedback, and future recommendations

Multiple session package, can be delivered on a weekly, bi-weekly or monthly basis.

ALL PACKAGES INCLUDE

Jothi is a wonderful facilitator. Her workshops explore meaningful topics and come from a place of love and care. Our participants greatly enjoy the playful space she creates for them to bond and get creative.

TASNEEM DAIRYWALA

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ART IGNITE

CONTACT JOTH

QUESTIONS?

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