



**BEST** *Life-ing*

**EMPLOYEE  
ENGAGEMENT**

**12 MONTH PROGRAM**

Visit Our Website

**[WWW.BESTLIFEING.COM](http://WWW.BESTLIFEING.COM)**

# WHY OUTSOURCE? 10 REASONS!

- Expertise in Employee Engagement
- Tailored Solutions
- Cost-Efficiency
- Access to Industry-Leading Experts
- Innovative Programs and Initiatives
- Scalability and Flexibility
- Comprehensive Support
- Objective and Neutral Perspectives
- Effective Implementation
- Focus on Core Business Goals





# OUR COMPANY

Best Life-ing is a holistic healing and wellness company that brings together over 80+ different healers, teachers, and coaches who are dedicated to providing the ultimate in luxury healing and wellness experiences. We help people discover their true soul's purpose, come into alignment and live consciously. Together we deliver world-class experiences for the mind, body, and spirit. We are passionate about building communities of love, support, and inspiring others to live in joy through courses, life-coaching, healing modalities, experiences, and wellness events.

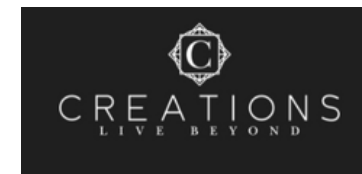


**JULIA BRODSKA**  
CEO OF BEST LIFE-ING

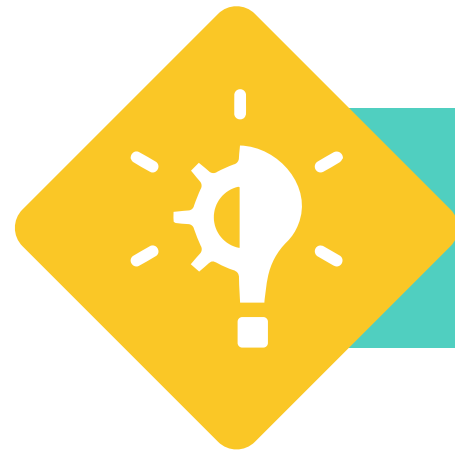
# OUR CLIENTS & PARTNERS

Our clients include individuals, couples, corporate, & groups:

- Food Services
- Government Emergency support companies
- Hotels & hospitality groups
- Small & large businesses across the country

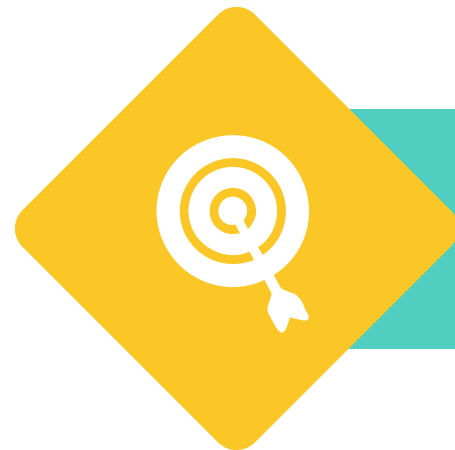


# VISION AND MISSION



## OUR VISION

Through our programs and services, we aim to inspire and guide individuals towards a more balanced, purposeful, and meaningful life. We are committed to providing exceptional customer service, fostering a positive and inclusive community, and continuously evolving to meet the needs of our clients.



## OUR MISSION

Our mission is to empower individuals to live their best lives by offering personalized and transformative wellness experiences. We believe that everyone has the potential to live a fulfilling life, and our goal is to support individuals in achieving their physical, mental, and emotional well-being.

# TRAINING AND DEVELOPMENT

By providing comprehensive training & development opportunities, we aim to inspire teams to achieve fulfillment across 7 areas of life, ultimately leading to increased motivation & productivity in the workplace. Our approach includes coaching, online programs, onboarding initiatives, workshops, retreats, recognition programs, & healing experiences designed to help individuals grow both personally & professionally. Through these programs, we strive to foster a culture of continuous learning & development, empowering employees to reach their full potential & contribute to the success of the organization.



# PROCESS



## Assess

Research: Meet with relevant teams to discover operational challenges, barriers and desired outcomes



## Engage

Implement our comprehensive online onboarding programs to complete individual goal assessments and align with the overall objectives of the company.



## Design

Create the strategy and detailed outline for 12-month employee engagement program. Survey and meet with teams to discover employee challenges and barriers



## Deliver

Our commitment to delivering results includes executing the plan with precision, conducting monthly reviews of (KPIs), & tracking progress towards strategic targets. We ensure that initiatives are carried out efficiently and effectively, leading to tangible outcomes that benefit the organization



## Evaluate

We use a combination of quantitative and qualitative feedback to evaluate our performance outcomes. We identify areas where we are excelling and areas where we can improve. We make strategic adjustments to our programs to ensure that we are achieving our objectives.

# TYPES OF TRAINING AND DEVELOPMENT



By providing effective training and development opportunities, we empower teams to achieve fulfillment in all areas of their lives and increase their motivation and productivity at work. Our coaching, online programs, onboarding programs, and workshops are designed to facilitate this process and help individuals develop the necessary skills and mindset to succeed. By focusing on the holistic well-being of employees, we aim to create a positive and thriving work culture where everyone can reach their full potential.

## WELLNESS SESSIONS

Online and in-person wellness sessions including breathwork, regression hypnotherapy, yoga, fitness, meditation, kundalini, and more.

## E - LEARNING

Our 90-day online onboarding program is designed to seamlessly integrate into the journey of new team members with a focus on fostering fulfillment in the physical aspect of life.

## COACHING

Monthly online coaching sessions for each of the 7 areas of life: social, physical, spiritual, financial, intellectual, relational and vocational

## RETREATS

Annual team retreats for bonding, clarity and growth based on the organizations goals and intention.



# OUR OFFERINGS



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## EMPLOYEE ENGAGEMENT 12 MONTH PROGRAM

Our comprehensive 12-month program includes a seamless digital onboarding integration, monthly sessions, personalized coaching, engaging events, and an unforgettable annual retreat. Designed to foster growth and fulfillment across all areas of life, our program is tailored to help individuals and teams reach their full potential and achieve their goals. With a focus on long-term success and sustainable growth, our program ensures that each participant has the tools and support they need to thrive both personally and professionally.

2

## RETREATS

We offer a range of tailored experiences for leaders and teams including full day and half day retreat itineraries, incentive programs and getaway experiences. Our retreat itineraries are designed to maximize the wellness and productivity of participants with activities such as team building exercises, meditation sessions, wellness workshops and outdoor adventures. Our incentive programs offer unique and exciting experiences to motivate and reward high-performing teams. Additionally, our getaway experiences provide an opportunity for leaders and teams to recharge and connect in a new and inspiring environment.

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## WELLNESS SESSIONS

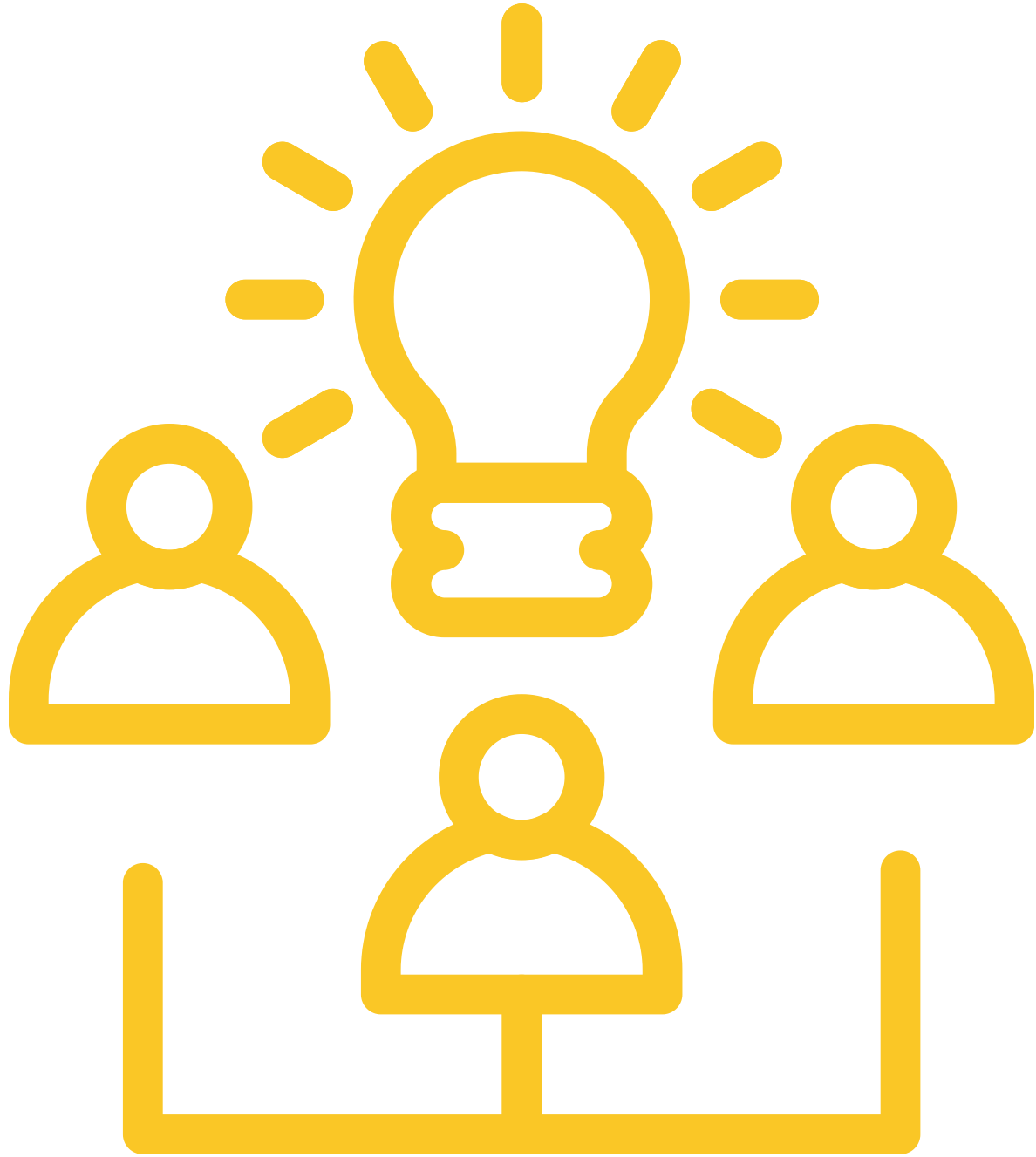
We provide a range of sessions that include yoga, meditation, breathwork, hypnotherapy, fitness, and more, in addition to our retreats.

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## CORPORATE CONFERENCES & EVENTS

Looking to take your corporate event to the next level? Enhance it with our wellness experiences! Our team can provide a variety of activities and sessions, such as yoga, meditation, mindfulness workshops, nutrition seminars, and fitness classes. Not only will this add an element of relaxation and rejuvenation to your event, but it can also improve team morale and productivity. Our experienced instructors and facilitators are passionate about helping people live their best lives, and they can customize each experience to meet the unique needs of your team. Make your next corporate event one to remember with our wellness experiences.

# KEY ELEMENTS



## REACTION, SATISFACTION, AND INTENTION

Through a combination of digital onboarding, monthly sessions, coaching, events, and an annual retreat, we aim to create a comprehensive and holistic approach to employee engagement based on the organization's goals and intention.



## KNOWLEDGE RETENTION

Our interactive sessions are designed to be engaging and informative, so team members not only learn valuable skills but also retain that knowledge long-term. We believe that investing in the development of our employees is essential for the success of the business.



## APPLICATION AND IMPLEMENTATION

We work closely with organizations to ensure that our programs are tailored to meet their unique needs and goals. We begin by conducting a thorough assessment of the company's current state of employee engagement, including identifying areas of strength and areas that need improvement. From there, we work collaboratively with the organization's leadership to create a customized plan that addresses their specific goals and objectives.



## BUSINESS IMPACT

Implementing an effective employee engagement program can have a significant positive impact on a business. When employees feel valued, supported, and engaged, they are more likely to be motivated, productive, and committed to the organization. This can lead to a range of benefits, including increased employee retention, improved customer satisfaction, higher profitability, and a stronger overall business performance. Additionally, a focus on employee well-being can result in reduced healthcare costs, lower absenteeism rates, and fewer workplace injuries.



## RETURN ON INVESTMENT

With the Best Life-ing program, businesses can expect to see a positive return on investment through increased employee productivity, satisfaction, and retention. By investing in the well-being and development of employees, businesses can also reduce the costs associated with employee turnover and recruitment. In addition, the positive impact on company culture and reputation can attract top talent and contribute to long-term business success.

# REACTION, SATISFACTION, AND INTENTION

## CASE STUDY: MCDONALDS



### Reaction

- Minimum wage paid employees
- Employee 90-day turnover %
- Staffing numbers, scheduling barriers
- Customer experience/sales capturing
- Overall staff satisfaction & motivation



### Satisfaction

Delivered workshops for over 1,400 employees in an 18-month period with 100% satisfaction rate from workshop participants measured by feedback forms



### Intention

Boost engagement, focus, and dedication to work through personal goals and challenges. Our courses offer 100+ modules covering 7 life areas with lessons from certified experts. Gain insights from business, fitness, nutrition, and more. Access recipes, meal plans, and downloadable resources for each life area.

# KNOWLEDGE RETENTION

## CASE STUDY: MCDONALDS



### KNOWLEDGE

Employee turnover 90 days 168% with 1400 employees. Acquired McDonald's franchisee of 11 restaurants as a client.

Improved annual employee turnover from 168% to 39% and 90-day turnover from 196% to 63% over a 12-month period.

Developed onboarding processes, and resources. Trained hiring managers. Helped client exceed target staff numbers by 4% over a six-month period. Achieved 133% improvement in employee turnover score over a 12-month period. Delivered customer service workshops & experiences



### RETENTION

Held shift management classes that reduced customer complaints by 6%. Improved customer survey scores across 11 McDonald's restaurants by 12% over a 6-month period.

Certified 120 Shift and Food Managers through the ServSafe program for food safety as required by National Restaurant Association (NRA)

Increased sales by 8% in a 12-month period reaching \$36.4 million

Customized and implemented McDonald's policies, procedures, hiring resources, compliance, and audit documents in 11 restaurants across Atlanta

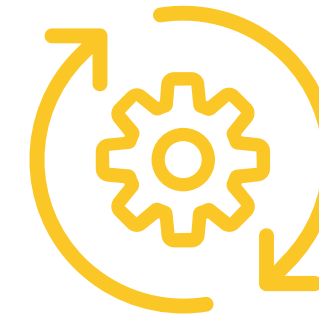
# APPLICATION AND IMPLEMENTATION

## CASE STUDY: MCDONALDS



### APPLICATION

- 1400 employees served
- 100% employee satisfaction score
- TCN +4%
- Reduced employee annual turnover from 196%-63%
- Contributed to sales increase of 8% in 11 restaurants



### IMPLEMENTATION

We work with clients to define project goals, scope, and timelines and then create a detailed project plan that outlines all the necessary steps. Our team also works to identify any potential roadblocks and develop contingency plans to mitigate any risks. Throughout the implementation process, we maintain open communication with clients to ensure that they are kept informed of progress and any changes to the plan. Our goal is to ensure that the implementation process is as seamless as possible, and that clients can begin to see the benefits of our programs as soon as possible.

# BUSINESS IMPACT



## PRODUCTIVITY

We understand that employee productivity is a crucial factor in the success of any organization. That's why our employee engagement programs are designed to enhance the productivity of your team. Our focus on employee fulfillment in the 7 areas of life ensures that your team members are motivated and engaged.

## QUALITY

By focusing on individual goal assessments, coaching, and team-building events, our program helps employees feel more connected to the company's mission and values. This sense of purpose and belonging can lead to increased attention to detail, higher quality work, and a reduction in errors. Furthermore, by encouraging regular feedback and adjustments, our program helps to identify areas where quality can be improved, leading to continuous improvement and a culture of excellence within the organization.

## ADVANTAGES

Our 12-month program provides several advantages that can positively impact businesses, including improving the quality of work produced by employees. By providing training, coaching, and support in the various areas of life, our program helps employees achieve greater fulfillment, motivation, and productivity. As a result, employees may produce higher-quality work that is more accurate, efficient, and effective.

# MEET OUR TEAM

The team at Best Life-ing is dedicated to helping organizations create a culture of wellness and fulfillment. They are committed to staying up-to-date on the latest research and best practices in the field, and are constantly exploring new ways to improve their offerings. With a focus on personalization and engagement, the team at Best Life-ing works closely with each organization to design programs that meet their specific goals and objectives.



**SHAWNA ROGERS**

Director of Operations

Shawna is a seasoned professional with extensive experience in managing and optimizing business operations. She brings a wealth of knowledge and experience to our team and is committed to driving our organization forward.



**PATRICIA FRANCO**

Quality Assurance

As the Quality Assurance Manager Patricia is responsible for ensuring that our programs and experiences meet the highest standards of quality. Patricia has a proven track record of developing and implementing effective quality management systems.



**KAREN NAVARETTE**

Client Success

As the client success manager, Karen is dedicated to ensuring our clients have a positive and productive experience. Karen is passionate about building strong, lasting relationships with clients and helping them achieve their goals.



**SEQUOYAH BOURKE-COMBS**

Operations Manager

A skilled professional known for orchestrating streamlined operations and fostering excellence. With a wealth of experience in optimizing processes and guiding teams, Sequoyah is instrumental in ensuring top-tier standards and delivering exceptional service.

# BEST *Life-ing*

**THANK YOU!**  
**LET'S DISCUSS YOUR NEEDS**

**CONTACT US (507) LIFE-ING**

VISIT OUR WEBSITE  
**BESTLIFEING.COM**

