

The antidote to disconnection is promoting meaningful connections. According to a recent report, building close relationships with colleagues is the most important factor in determining job satisfaction (The Institute of Leadership and Management). [Harvard Business Review](#) says the solution involves making workplace connection a ritual and making recharging a reality.

Our Chocolate Mindfulness™ Wellness Workshops help people feel connected and re-energized. Your team will enjoy the MYRetreat experience and an introduction to the [MYRetreat App](#) for daily meditations.

What's the ROI? Decreased stress for increased productivity. Your team will learn wellness tools to decrease stress and strengthen relationships at work and home. Entities that provide Chocolate Mindfulness workshops find their employees feel appreciated, re-energized, and supported. Here are our [testimonials](#).

The investment for our 1-hour virtual Chocolate Mindfulness™ Wellness Workshop is \$1,000 + Chocolates (\$5/person + shipping). We will work with you to customize a Chocolate Mindfulness Wellness Workshop, in under 30 minutes.

Example:

- 1) Intention for desired outcome - To Be Connected
- 2) Select Chocolate - 50% Dark Milk Award Winning Eldora Craft Chocolate
- 3) Gratitude Journaling Word - **CONNECT** (I am grateful for **C**hocolate, **O**penness, **N**iagara, **N**eighbors, etc.).

Chocolate Mindfulness is a cost-effective and memorable way to show your people you care and bring excitement to team building.