

A modern office interior with a long, open-plan space. On the left, a lounge area is visible through a large glass wall, featuring a light-colored sofa with blue cushions and a floor lamp. The main area is a bright, open space with a polished floor. The ceiling has exposed wooden beams and modern pendant lights. The right side of the image shows a glass-walled corridor or office space.

# BRIGHTSEULS

CORPORATE WELLNESS





# About Bright Souls

**We partner with HR leaders, DEI managers, wellness directors, and corporate event planners to deliver experiences that improve retention, team performance, and wellbeing metrics.**

We specialize in creating immersive wellness experiences that help teams reconnect, recharge, and realign with purpose. From Fortune 500 clients to innovative startups, we tailor every event to reflect the unique energy and goals of each team we serve.





Our approach blends ancient wisdom, mindfulness practices, creativity, and corporate strategy to offer high-impact wellness activations that truly shift workplace culture.

We offer ready-to-book signature experiences as well as custom-curated programs aligned to your team's vision, values, and objectives.





KEYNOTE SPEAKERS

BRIGHTSOULS



MIAMI - NY - CHICAGO - AUSTIN

ENGLISH, SPANISH



**PROFESSIONAL ATHLETES**

**CELEBRITIES**

**MUSICIANS**

**ACTORS**

**DANCERS**

**TED TALK SPEAKERS**



# MENU OF SERVICES

CORPORATE WELLNESS PRODUCTS

## TEAM IN TUNE™

An Immersive Sound Experience to harmonize people, teams and purpose.

## The Culinary Experience™

A fun and engaging team experience centered around food, creativity, and conversation.

## BEING YOUR BEST SELF™

A fun and engaging team experience centered around food, creativity, and conversation.

## HIGH PERFORMANCE MINDSET™

Unlock the habits and mental strategies of top performers.

## MOVE & FLOW

A workshop to reconnect to the body, release tension, and restore flow.

## ASTROEXPANSION™

A fun, mind-opening workshop that uses astrology as a lens for self-reflection and stress relief.

## OWN YOUR POWER

A powerful journey based on the transformational book "Own Your Power".

## INTRO TO ESSENTIAL OILS™

A powerful journey based on the transformational book "Own Your Power".



# TEAM IN TUNE™

An Immersive Sound Experience to harmonize people, teams and purpose.



A live sound facilitator and experienced musician guide participants to discover their unique inner note, explore resonance with their colleagues, and find harmony within the group. This experience blends sound and music exercises, communication techniques, and emotional intelligence for team cohesion.

## Facilitated by:



**Fabian Hernandez**  
A powerhouse artist



**Natalya Spyker**  
A powerhouse artist



**Alejandro Mendez**  
a musical alchemist  
and channel



**Fernando Subirats**  
a musical alchemist  
and channel

## Perfect for:

- Company retreats
- Off-sites
- Team-building

## Ideal for:

- Team alignment
- Fighting Overwhelm
- Creative collaboration

## Business Outcomes:

- Increased team cohesion
- Improved emotional intelligence
- Lower burnout risk



# The Culinary Experience™

A fun and engaging team experience centered around food, creativity, and conversation.



Participants will cook three delicious plates while exploring guided discussions based on the desired outcome of the session (e.g., leadership, communication, mindfulness). The session ends with a shared meal in a thoughtfully curated environment.



**Veronica**  
Chef

## Perfect for:

- Creativity
- Team bonding
- Relaxed networking

## Ideal for:

- Celebratory moments
- Team appreciation events

## Business Outcomes:

- Improved communication
- Increased team morale
- Shared creativity



# BEING YOUR BEST SELF™

An interactive experience to help participants build authentic self-awareness and practical mindfulness



An interactive experience to help participants build authentic self-awareness and practical mindfulness. Through dynamic activities and reflective tools, teams explore what it means to show up fully and lead from presence.

## Facilitated by:



**Sitara**  
Community Leader,  
Author



**Monica Ochaney**  
CEO of 3SE, LLC

## Perfect for:

- Leadership development
- Employee wellbeing

## Ideal for:

- Onboarding
- Wellness initiatives
- DEI training days

## Business Outcomes:

- Increased authenticity
- Better stress management
- Personal leadership



# HIGH PERFORMANCE MINDSET™

Unlock the habits and mental strategies of top performers.



This educational workshop offers neuroscience-backed tools and mindset shifts to help employees increase clarity, resilience, and purpose in their day-to-day work.

## Facilitated by:



**Sitara**  
Community Leader,  
Author



**Kelly Dolyniuk**

## Perfect for:

- Leadership training
- Performance development

## Ideal for:

- Goal-setting retreats
- Q1 or Q4 planning

## Business Outcomes:

- Higher productivity
- Better stress management
- Goal-driven mindset



# MOVE & FLOW™

A workshop to reconnect to the body, release tension, and restore flow.



Reconnect to the body, release tension, and restore flow. Participants are guided through breath, light movement, and somatic practices designed to combat sedentary habits and reawaken presence and vitality

## Facilitated by:



**Betsy Dopico**  
Community Leader,  
Author



**Paula D'Elia**  
*Founder of Pau's Secrets*  
Health Coach- Author- Public speaker- Yoga Instructor

## Perfect for:

- Breakout sessions
- Wellness days
- Afternoon reboots

## Ideal for:

- Sedentary teams
- Hybrid/remote teams
- Creative refresh

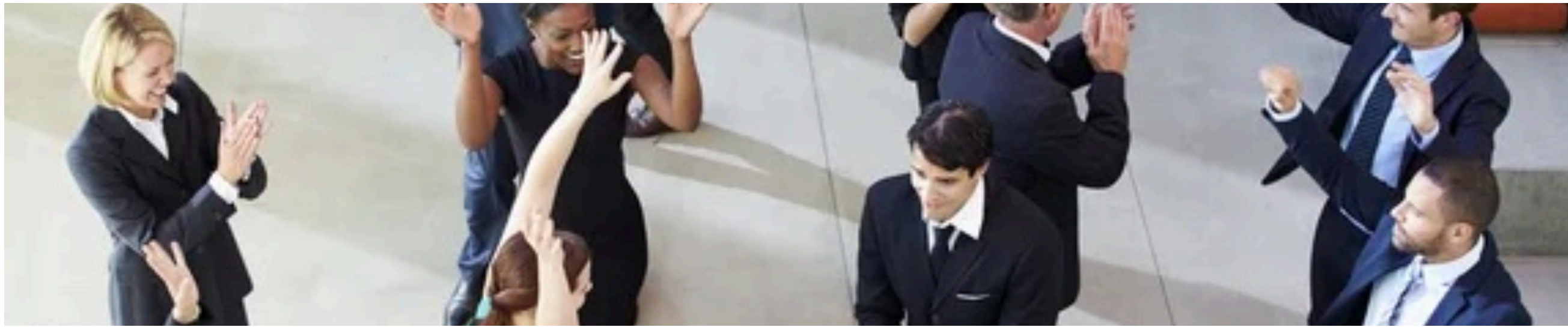
## Business Outcomes:

- Reduced physical stress
- Enhanced presence
- Higher energy levels



# ASTROEXPANSION<sup>TM</sup>

A fun, mind-opening workshop that uses astrology as a lens for self-reflection and stress relief.



A fun, mind-opening workshop that uses astrology as a lens for self-reflection and stress relief. Participants learn the basics of astrology through storytelling and guided exercises. A fresh and playful way to break routines and spark creativity.

## Facilitated by:



**Mabel Iam**

Celebrity Author, TV  
Host, Astrologer



**Sathi Roy**

Founder and CEO of  
Sute AI

## Perfect for:

- Team fun
- Mental wellness
- Perspective shifts

## Ideal for:

- High-stress environments
- Culture-building events

## Business Outcomes:

- Mental refresh
- Broadened perspective
- Enhanced creativity



# OWN YOUR POWER™

A powerful journey based on the transformational book "Own Your Power".



Participants experience active meditation techniques that reduce stress, release emotional blocks, and boost self-awareness. Each participant receives a copy of the book as part of the experience.

## Facilitated by:



**Sitara**  
Community Leader,  
Author



**Kelly Dolyniuk**  
Community Leader,  
Author



**Mathew**  
Community Leader,  
Author

## Perfect for:

- Emotional wellbeing
- Personal leadership

## Ideal for:

- Burnout recovery
- Professional growth journeys

## Business Outcomes:

- Greater resilience
- Reduce burnout
- Deeper emotional intelligence



# INTRO TO ESSENTIAL OILS

Make Your Own Essential Oil – 60-Minute Workshop



Discover the power of essential oils in this hands-on workshop. Learn about their benefits, test a variety of scents, and create a personalized blend tailored to your needs. All materials and expert guidance included. Leave with your own custom oil to support your wellness journey.

## Facilitated by:



**Sitara**  
Community Leader,  
Author



**Megan Newman**  
Community Leader,  
Author

## Perfect for:

- Company retreats
- Off-sites
- Team-building

## Ideal for:

- Team alignment
- Stress relief
- Creative collaboration

## Business Outcomes:

- Increased team cohesion
- Improved emotional intelligence
- Lower burnout risk



# Tailored Experiences

In addition to our signature experiences, Bright Souls offers fully customized wellness activations tailored to your organization's needs. From executive immersions to company-wide wellness festivals, we bring the right facilitators, themes, and formats to meet your goals.

*Let us co-create something unforgettable for your team.*





# We support corporate clients through:

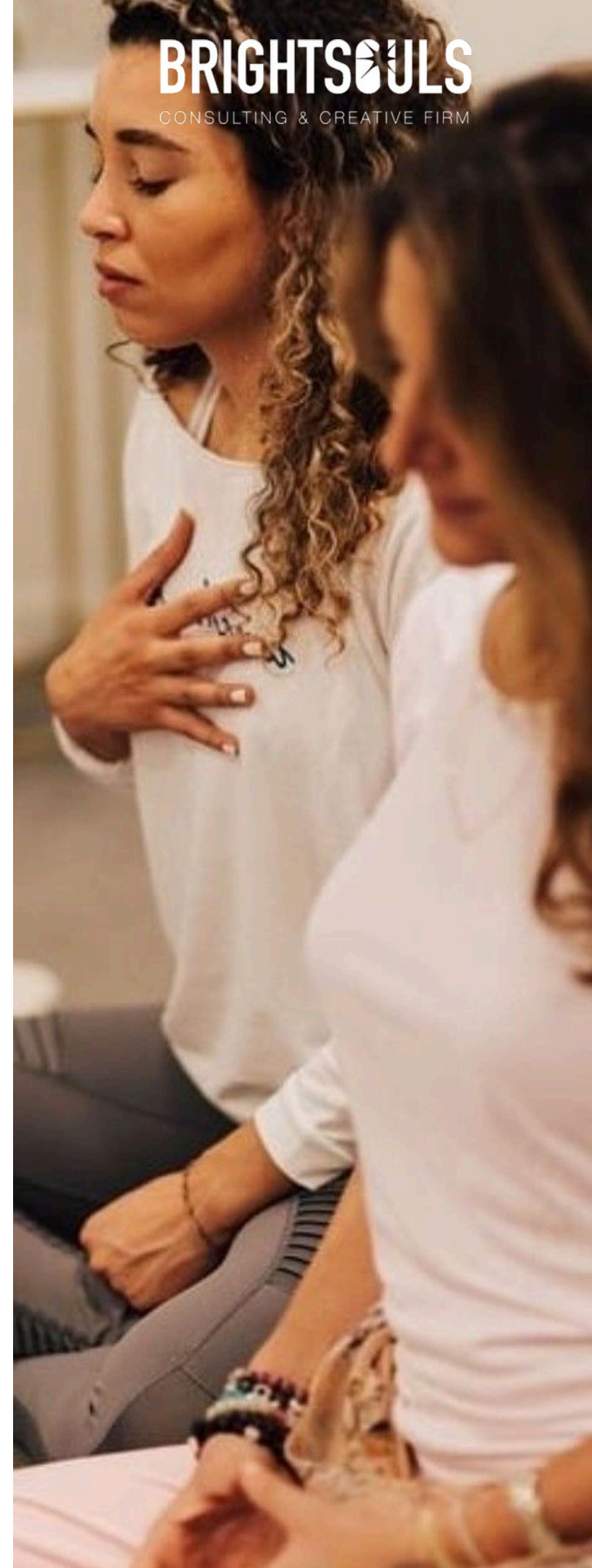
**Executive off-sites & leadership retreats**

**Internal wellness campaigns (Q1–Q4)**

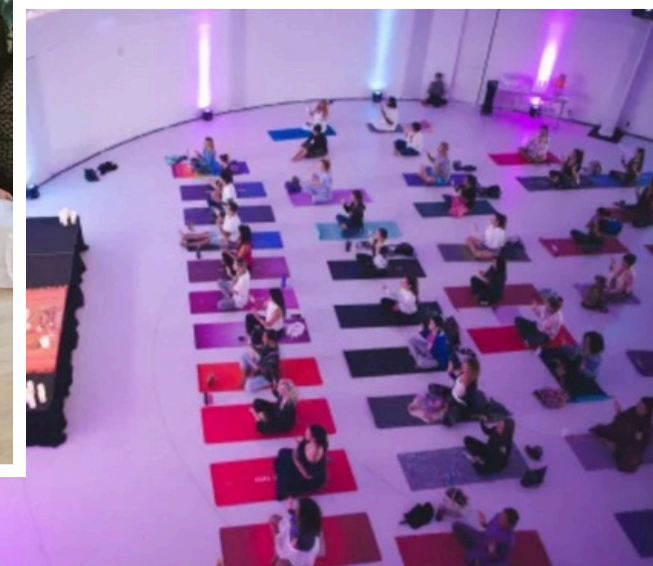
**International Women's Day & Mental Health  
Month events**

**Speaker & talent curation for conferences**

**Brand-aligned wellness activations**









**Bright Souls** is a space where ideas come to life with heart and purpose.

We help you plan with clarity, consult with care, and bring your vision into reality through thoughtful, high-quality production.

Whether you're starting from scratch or need support along the way, we're here to walk with you—every step guided by intention, creativity, and soul.

# Contact Us

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