

Introduction to Esencia



WWW.ESENCIAGLOBALALWAYS.COM



Hello there!

At Esencia Global, our workshops are designed to provide meaningful, interactive learning experiences that address critical topics with professionalism and care. Each session is structured to combine expert knowledge with practical tools that participants can immediately apply in their personal and professional lives. From engaging presentations to thoughtfully prepared materials, every detail is curated to ensure an impactful and transformative experience for organizations and teams.

When reviewing our pricing guide, you will find clear information on workshop options, customization opportunities, and the value each program brings to your organization. By investing in our workshops, organizations not only support the growth and well-being of their teams but also foster a culture of awareness, resilience, and empowerment that extends beyond the session itself.

Elizabeth

Founder, Esencia Global



Why Choose Us

Esencia Global workshops are dynamic 6-hour organizational workshops designed to strengthen workplace culture, enhance communication, and foster resilience among teams. This experience goes beyond traditional training by combining practical strategies with engaging activities that encourage personal growth, connection, and collaboration.

Employees will have the opportunity to not only learn tools for improving morale and well-being but also to engage in hands-on self-care experiences. Depending on company preference, the workshop can include a creative activity such as candle-making, soap-making, crafting essential oils, breathing exercises, or guided meditation. We can also implement other like journaling (journals will be provided) each designed to reinforce the importance of balance, mindfulness, and self-care in the workplace.



Wellness Enhancements

To further distinguish our workshops and provide participants with meaningful takeaways, Esencia Global offers guided meditation and guided breath meditation. Additionally, we have thoughtfully curated wellness items as part of the experience. These additions are designed to promote relaxation, mindfulness, and ongoing well-being even after the session concludes.

ROLL-ON STRESS & ANXIETY OILS

Widely relied on for its calming qualities, stress and anxiety roll'on provides soothing comfort to the skin and relaxes the mind—all in an easy-to-use roller bottle.

Ingredients: Peppermint Oil, Eucalyptus Oil, Hyssop Oil, Rosemary Oil. | *Aroma:* Fresh mint. with Fractionated Coconut Oil to provide these benefits to individuals who have delicate or sensitive skin.

AROMATHERAPY CANDLES

These candles contain pure essential oils and fragrances that work to fill the air with natural goodness and delicious aromas. 7-ounce soy wax candles burn cleanly, purifying the air in your home for at least 40-50 hours, offering refreshing and long-lasting combustion

Non-toxic, clean and long-lasting: each aromatherapy candle is made with pure soy wax and features a lead-free cotton wick.

RICE SOAPS

Offers benefits such as hydration, softness, luminosity and helps reduce spots and redness, in addition to being beneficial for sensitive skin.



Made locally by Axolotl Artesanal

Workshop Overviews



Empowerment/Self-Care Workshops

WORKSHOP DESCRIPTION

This workshop focuses on empowering individuals to prioritize their personal well-being and resilience. Through guided activities and reflection, participants will explore strategies for setting boundaries, managing stress, and fostering self-worth. The workshop highlights empowerment as a tool for both healing and prevention, equipping participants with confidence and skills to navigate personal and professional challenges.

SERVICE DELIVERY

Personal Empowerment & Self-Care workshops are offered in small-group, interactive settings—either in-person or virtually. Facilitators guide participants through structured self-reflection, skill-building exercises, and wellness practices. The program can be adapted for survivors of interpersonal violence, community members, or organizational staff seeking to promote wellness in their daily lives.

Key topics discussed

- **Defining Empowerment:** Exploration of empowerment as both a mindset and a practice, focusing on building self-trust and self-determination.
- **Boundaries and Assertive Communication:** Learning how to identify, set, and maintain healthy boundaries while communicating needs respectfully but firmly.
- **Stress Management Strategies:** Introduction to mindfulness, journaling, time management, and grounding techniques to mitigate the effects of stress.
- **Cultivating Self-Worth:** Activities and reflections that help participants challenge negative self-talk, recognize strengths, and celebrate accomplishments.
- **Practical Self-Care Routines:** Development of individualized daily practices that incorporate mental, emotional, physical, and spiritual wellness.
- **Resilience Building:** How resilience is developed through life challenges and how it can be nurtured intentionally through proactive choices.

WORKSHOP BENEFITS:

- **Increased Confidence:** Participants learn to take ownership of decisions and actions, leading to greater independence and self-assurance.
- **Stronger Interpersonal Relationships:** Healthy boundary setting fosters respect, reduces conflict, and creates balanced relationships.
- **Stress and Burnout Reduction:** Concrete tools are provided to manage daily stressors, promoting sustainable wellness habits.
- **Greater Self-Awareness:** Self-reflection exercises help participants better understand their triggers, needs, and strengths.
- **Resilience and Recovery:** Survivors and community members develop adaptive coping mechanisms to overcome adversity and foster long-term well-being.
- **Preventative Wellness:** Building routines that reduce the risk of long-term health issues associated with chronic stress.

Interpersonal Violence Prevention Education Workshops

WORKSHOP DESCRIPTION

This workshop is designed to raise awareness and provide practical education about the dynamics of interpersonal violence, including dating violence, sexual assault, stalking, and domestic abuse. Participants will learn how interpersonal violence manifests across different contexts and the significant impact it has on individuals and communities. The program emphasizes prevention through education, early intervention, and fostering a culture of respect and accountability.

SERVICE DELIVERY

The Interpersonal Violence Prevention workshop can be delivered in-person or virtually, depending on participant needs. Sessions are facilitated by trained prevention specialists who use an interactive, discussion-based format with case studies, group exercises, and scenario-based learning. Delivery can be tailored for community groups, workplaces, and campus settings to ensure relevance and impact.

Key topics covered include:

- **Forms of Interpersonal Violence:** A comprehensive exploration of physical, emotional, psychological, sexual, and financial abuse, highlighting how each form can occur in both personal and professional relationships.
- **Power and Control Dynamics:** Examination of how abusers maintain control over victims through isolation, intimidation, manipulation, and coercion, with real-world examples.
- **Cycle of Violence:** Understanding the recurring patterns of tension building, incident, reconciliation, and calm, and how these cycles perpetuate abuse.
- **Risk and Protective Factors:** Identifying environmental, social, and individual factors that contribute to violence, as well as strategies that reduce risk and build resilience within communities.
- **Bystander Intervention:** Practical strategies and role-playing exercises that empower participants to recognize red flags, safely intervene, and provide support to victims.
- **Consent and Healthy Relationships:** Building a framework of respect, communication, and boundaries that prevent harm and strengthen community accountability.
- **Resources and Referrals:** Information on local, state, and national resources that participants can connect with or share with those in need.

WORKSHOP BENEFITS:

- **Enhanced Knowledge and Recognition:** Participants gain the ability to recognize subtle and overt signs of abuse, improving early identification.
- **Practical Prevention Skills:** Learners leave with tools and confidence to engage in bystander intervention and promote safe environments.
- **Cultural Shifts in Community Accountability:** Groups and organizations build a shared understanding of consent, respect, and responsibility.
- **Improved Survivor Support:** Participants are better prepared to offer trauma-informed care, referrals, and empathetic listening to those affected.
- **Long-Term Violence Reduction:** Empowering communities with education and skills that reduce acceptance of violence and foster safer environments.

Mindfulness: Guided Meditation & Guided Breathing Meditation

WORKSHOP DESCRIPTION

This experiential workshop introduces participants to the restorative practices of mindfulness through guided meditation and intentional breathing techniques. Designed to reduce stress, promote relaxation, and improve focus, participants will be led through mindfulness-based exercises that encourage presence, grounding, and calm. The workshop demonstrates how meditation and breathwork can serve as powerful tools for emotional regulation, healing, recovery, and everyday wellness.

SERVICE DELIVERY

The Mindfulness: Guided Meditation & Breathing workshop can be facilitated in-person or online and is adaptable to individual or group settings. Certified facilitators lead participants through a series of breathing practices, guided imagery, and mindfulness exercises tailored to diverse needs. The workshop can be delivered as a stand-alone session or integrated into ongoing wellness programming for communities, organizations, or survivors seeking restorative practices.

Key topics covered include:

- **Foundations of Mindfulness:** Core principles of mindfulness, focusing on cultivating awareness of thoughts, feelings, and bodily sensations without judgment.
- **Science of Breathwork:** How intentional breathing impacts the nervous system, reduces stress hormones, and restores balance during challenging moments.
- **Breathing Practices:** Step-by-step instruction in techniques such as diaphragmatic breathing, box breathing, and alternate nostril breathing, paired with guided practice.
- **Guided Meditation & Visualization:** Using imagery, grounding, and reflective practices to create a sense of calm, safety, and focus.
- **Grounding in the Present:** Simple exercises to re-anchor attention during times of stress, anxiety, or trauma responses.
- **Integrating Mindfulness into Daily Life:** Practical methods to incorporate meditation and breathing into short, consistent routines that enhance long-term well-being.

WORKSHOP BENEFITS:

- **Reduced Stress and Anxiety:** Evidence-based mindfulness practices regulate stress responses and promote inner calm.
- **Enhanced Focus and Clarity:** Guided meditation improves concentration and productivity by training the mind to stay present.
- **Greater Emotional Balance:** Participants learn skills to stabilize moods and navigate emotional challenges with resilience.
- **Support for Trauma Recovery:** Breathwork and meditation offer safe, non-invasive techniques to soothe trauma triggers and foster healing.
- **Improved Physical Health:** Consistent mindfulness practices are linked to better sleep, reduced blood pressure, enhanced immune function, and improved overall wellness.
- **Accessible, Sustainable Self-Care:** Mindfulness techniques require no special tools and can be practiced anywhere, making them adaptable to all lifestyles.



What You'll Get

- ✓ Professional presentations with expertise in the subject matter.
- ✓ Comprehensive workshop materials tailored to the session.
- ✓ Light snacks provided for all participants.
- ✓ Complimentary raffle at the conclusion of the event (prizes may vary depending on the workshop theme).

Check our services and pricing guide
for full pricing information

CUSTOMIZATION OPTIONS

If the standard training design does not fully meet your agency's or company's needs, we are happy to collaborate and develop a customized program. Shorter workshop formats or sessions without hands-on activities can also be arranged upon request.

Let's Get Started!

Esencia Global looks for
to partnering with your organization and
light your way to a better tomorrow

Elizabeth



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