



# TRAINING & WELLNESS

*Culturally responsive, trauma-informed workshops and wellness experiences designed to inspire growth, healing, and sustainable well-being.*

## Client Packet

This packet provides an overview of Esencia Global's workshop offerings, wellness enhancements, and pricing structure. All experiences can be customized to meet your organization's goals, values, and workforce needs.

# WORKSHOP PACKAGES

Esencia Global offers three core workshop packages. All packages are offered at the same base rate. Pricing is determined only by session length (half-day or full-day).

## Package I: Rooted in Self

### Self-Care & Self-Love for Sustainable Well-Being

Focuses on emotional resilience, intentional self-care, and sustainable wellness practices for personal and professional settings.

## Package II: Pathways to Growth

### Opportunity, Purpose & Professional Development

Supports empowerment, confidence-building, and professional growth through a strengths-based approach.

## Package III: From Harm to Healing

### Violence Prevention & Accountability

Provides a trauma-informed, healing-centered approach to violence prevention, accountability, and transformation.



# PRICING STRUCTURE

## Base Training Rates (Same for Packages I, II, and III)

Session Length	Base Rate
Half-Day Training	\$1,000
Full-Day Training	\$1,500

The workshop topic selected does not impact pricing. Organizations may choose the package that best aligns with their goals without cost differences.

## Wellness Enhancement Bundles (Optional)

Bundle	Price (Per Participant)
Basic Wellness Bundle	\$15
Premium Wellness Bundle	\$30
Deluxe Wellness Bundle	\$45

Selecting a wellness bundle will adjust the total training cost based on the number of participants.

## Additional Pricing Considerations

- Number of participants
- Selected wellness bundle
- Level of customization requested
- In-person or virtual delivery
- Travel requirements (if applicable)

