



CR3 RESTORATIVE SERVICES & SOLUTIONS



CORPORATION WELLBEING SOLUTIONS

OUR CORPORATE WELLBEING PRODUCTS

Our CR3 Wellbeing gifts are a great way to show appreciation to your employees while promoting their wellbeing. Studies show that employee appreciation will boost productivity and engagement, strengthen your team's culture, and increase loyalty to your organization.

CR3 AROMATHERAPY NECKLACES

Aromatherapy has long-lasting physical and mental benefits. Our aromatherapy diffuser necklace allows you to induce a sense of calm, clear your mind, or help clear nasal passageways while you are on the go. You can even wear it at work!

CR3 HEALING SHOWER STEAMERS

Our Healing Shower Steamers release essential oils into your shower to create an amazing, aromatherapeutic experience. The shower steamer perfectly compliments your desires for aromatherapy in an easy, hassle-free delivery.

CR3 HEALING STRESS BALLS

Our CR3 Healing Stress Balls can help release body tension, relieve built-up stress and improve focus. These cushiony stress balls are a great way to experience relief and relaxation wherever you go.



All of our wellbeing gifts come with customized notes that include wellbeing strategies and exercises.



OUR SERVICES

● Professional Training and Development

We provide in-person and online experiential training and coaching to strengthen connection and collaboration in the workplace and build healing agencies that are trauma and resilience-informed.

- Cultivating Restorative Workplaces: Trauma-Informed Training

This 3-part training is designed to improve workplace culture and employee wellbeing. Participants learn how stress and trauma impact workplace culture, conflict resolution skills, and restorative communication strategies to communicate effectively and build healthy relationships with clients and colleagues.

- Implicit Bias Intensive Training

This training is designed to increase participants' awareness of implicit bias in the workplace, provide restorative strategies for countering bias, and help cultivate an inclusive organizational culture.

- Trauma-Informed Human Trafficking Training

This training is designed to increase participants' awareness and knowledge of the issue of human trafficking, and be able to identify red flags when interacting with clients. The participants will also gain a better understanding of how to use a trauma-informed approach when providing care/services to a person who has experienced human trafficking.

● Employee Mental Health, Wellbeing and Self-Care

We curate customized wellbeing experiences focused on strengthening employees' social-emotional learning skills while promoting restorative healing, self-care, and wellbeing.

(Employer Employee Assistance Program) EEAP

- Workplace Wellness Solutions

We offer our CR3 self-care wellness training to help mitigate the impact of stress, trauma, and employee burnout. Additionally, we offer curated healing experiences designed for your organization's specific needs. Some healing experiences include spa treatments, aromatherapy experiences, self-care circles, and/or self-care appreciation gifts.

- Corporate Counseling Services

We offer consultations and facilitated restorative sessions to respond to workplace conflict including conflict resolution, information exchange, and relationship development. Some of our services include:

- Grief Circles
- Restorative Circles/Community Building Circles

**Employer Support Service Lead *Employee Confidential Touch Base*



WORKPLACE WELLBEING RESTORATIVE EXPERIENCE



1

SELF-CARE & WELLNESS TRAINING

Our CR3 self-care wellness training will help mitigate the impact of stress, trauma, and employee burnout through education and evidence-based wellbeing strategies. Participants will learn and practice social-emotional learning strategies to enhance self-awareness, self-regulation and self-compassion.

2

MENTAL HEALTH AROMATHERAPY EXERCISE

Our mental health aromatherapy exercise consists of an overview of brain health and research on the use of essential oils to improve mental, emotional and overall wellbeing. Participants will receive an essential oil diffuser necklace and experience a guided therapeutic aromatherapy session.

About The Experience

The Workplace Wellbeing Restorative Experience is our exclusive well-being package designed to support participants' overall wellbeing through didactic instruction, experiential learning, and aromatherapy exercises. Participants also receive two CR3 self-care gifts to support their well-being.

ABOUT THE CR³SS

Promoting organizational well-being



We believe workplaces can be a space of healing, resilience, and restoration for individuals and communities. The CRSS focuses on cultivating healing-centered communities and corporations through education, training, consultation, and interpersonal practices. We create customized curricula, educational resources, and experiences that can enhance workplace relationships, improve employee/customer satisfaction, increase work productivity and promote culturally inclusive environments.

Building Trauma Responsive & Healing Centered Workplaces

We help companies develop practices that support their employee's mental, physical, and emotional well-being on personal and professional levels.



THANK YOU

WE LOOK FORWARD TO WORKING WITH YOU



Bringing You Hope and Healing

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Contact Us To Schedule Your Free Consultation

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