



RECALIBRATE

workplace mental wellness
company intro & services

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1H'2024 features | seasonal & new

Below are new and seasonal features, in addition to our [classic core topics](#).

Healthy Minds Workshop | Humanity at Work (new & popular!)

Created for teams and leaders, this session dives into the soft skills required for the human situations we face at work every day -- from working through our own day-to-day emotions and triggers, to working through disagreements and difficult conversations with others at work. We will cover core skills in mindful emotional intelligence, practicing empathy more effectively, and navigating difficult conversations and disagreements – providing situational examples and tactical tools to empower humanity at work.

\$1,750 for 45-min virtual | \$2,750+ for in-person

Healthy Minds Workshop | Building Sustainability When Burnout Feels Inevitable (popular!)

Burnout, boundaries, and balance have become recently buzzy topics -- and although many recognize they could do better in these areas, many struggle to make impactful changes when stress and burnout feel constant in their lives. Join us to kick off 2024 with this mental wellness learning session that aims to cut through the usual wellness buzz in order to distill tangible body-brain science behind burnout, to redefine boundaries and balance to support demanding lifestyles, and to provide actionable tips to navigate burnout and build boundaries that feel tangible, realistic, and achievable

\$1,750 for 45-min virtual | \$2,750+ for in-person

Ask-the-Expert Fireside Chat | Customized Topics (popular!)

We will deliver a turnkey, engaging, and custom-curated fireside chat with one of our experts on a mental wellness topic of your choice. Our team will partner with you to: define the topic / scope of the event, identify and secure an expert (Recalibrate facilitator or one of our external psychologist / therapist partners), provide a survey that attendees can use to vote on questions / topics they'd like to see covered in the fireside chat, and then deliver a detailed run-of-show for the event.

\$1,750+ for 45-min virtual | \$2,500+ for in-person



about
us

RECALIBRATE

healthy minds for go-getters

Recalibrate delivers a uniquely science-backed, realistic & actionable approach to mental wellness education for busy professionals

TOPICS

Stress & Burnout
Emotions & Triggers
Connection & Relationships
Self-Views & Self-Worth
Mental Health Fundamentals

SERVICES

Educational Workshops
Speaking Engagements
Group Meditations
Asynchronous Digital Resources
Special Events

CONSULTING

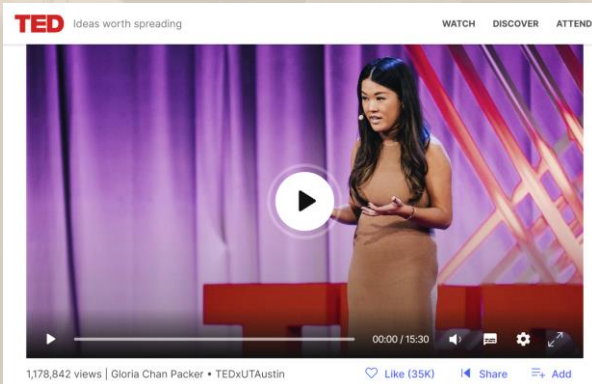
Org Mental Wellness Strategy
Org Dynamics Evaluation
Program Metrics & Reporting
Change Management
Research Partnership

INDUSTRY EXPERIENCE



Serving Global Clients Since 2018 | 106 E 6th St #900-102 Austin TX 78701

approach & impact



Have you seen our founder's TED Talk on burnout & boundaries? Featured as a TED Homepage Editor's Pick, Gloria's talk has received 2+ million views. Watch it [here!](#)

guiding principles:



Science over stigma

with education that empowers



Relevance to professionals

with modern work & life applications



Actionable tools and learning

with quick & tangible impact

impact snapshot:
(2H'2018 to 2H'2023)

22,500+ employees we've educated

100+ client organizations we've partnered with across the globe

4.7 ★ average employee ranking of Recalibrate services (out of 5.0 stars)¹

92% of employees reported learning something new from Recalibrate¹

¹Statistics collected from opt-in surveys executed immediately after, three months after, and six months after service delivery dates

clients & testimonials

 ATlassian  Meta  VISA

 WHOLE FOODS MARKET

 Uber  Chevron

 Canva

 salesforce

 SHI

 Humana

 CLOUDERA

 GLG

 Outdoor Voices

 everlywell

 box

 Khoros

 UShip

 lululemon

 Austin EASTCIDERS



 H-E-B FAVOR

 UTSA
The University of Texas at San Antonio

 PLATINUM TOP 50

"Mental health in the workplace is incredibly important, especially now. I highly recommend bringing in Recalibrate for your employees to support their mental health & wellbeing. This was easily one of the most successful corporate events we've hosted this year with overwhelmingly positive feedback from attendees."

- Kelli, HR Employee Relations Specialist at SHI

"I was blown away by both the content and delivery quality of Recalibrate's workshops [that] broke down complex science and research about an often stigmatized subject matter, mental wellness, into an easily digestible and engaging format. They covered the effects of stress [...] on the brain and body, and their science-based approach encouraged participants to try mindfulness - some for the very first time. Would highly recommend Recalibrate!"

- Courtney, Senior Manager of Business Analytics at Box

"My days at work have been much happier and fulfilling ever since working [...] with Recalibrate. If you find yourself stressed at work or in difficult situations, I highly recommend trying [them] out"

- Rene, Technical Architect at Atlassian

"I would recommend Recalibrate for any company interested in the wellness of their employees. Recalibrate does a fantastic job of explaining not only the science behind stress and how our brain works but the science about how simple meditation exercises can help alleviate stress and improve overall well-being."

- Chris, Business Development at Austin Title



"Recalibrate distills a lot of scientific information into practical, easy to understand chunks. Gloria's calm, friendly and open demeanor reduce the stigma of mental health, facilitating comfortable conversations about difficult topics."

- Anne, CFO at McGarrah Jessee


standard services

Healthy Minds Meditations

Each group meditation provides guided mindful breath, body, and / or reflective meditation for stress relief, awareness, and balance. For all experience levels.

 20-min or  30-min

 Live, Virtual | **\$200 or \$300**

 Live, In-Person | **starting at \$500**
depending on scope & location

Standard pricing listed above includes:

- Attendance for up to 500 participants per live event. If you expect more than 500 attendees, please contact our team for expanded attendance and pricing options
- For live virtual events, one week of online employee access to recording(s). If you'd like extended access to recorded resources, we recommend considering our new Asynchronous Online Learning Library Bundle (see page 6)


Healthy Minds Workshops

An expertly curated selection of mental wellness workshops delivering science-backed education, realistic work and life application, hands-on practice and actionable tools. See [page 9](#) for list of core workshop topics.

 45-min+



 Live, Virtual | **starting at \$1,750**

 Live, In-Person | **starting at \$2,750**
depending on session scope & location


 Add-on 15-min meditation or facilitated team discussion | **\$250**

Healthy Mind-Body Meditation & Movement

These sessions go beyond seated meditation by syncing breath with gentle mobility movements and stretches, creating a workday break that delivers mental and physical presence.

 20-min or  30-min

 Live, Virtual | **\$200 or \$300**

 Live, In-Person | **starting at \$500**
depending on scope & location

Ask the Expert Events & Panels

Engaging, interactive events where we bring in an expert to hold a Q&A interview, allowing customization to topics relevant to your org and questions crowdsourced from your employees.

 45-min+

 Live, Virtual | **starting at \$1,750**
depending on expert(s), scope, duration

 Live, In-Person | **starting at \$2,750**
depending on expert(s), scope, location


Organizational Consulting & Internal Partnership

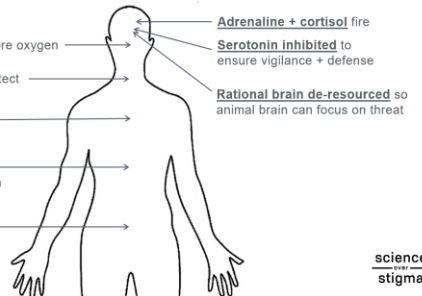
Tailored partnership for customized organizational support -- spanning mental wellness strategy creation, dynamic assessment, program planning and creation, and evaluation / analytics.

Custom pricing based on scope

bundled programs



education | science of stress  RECALIBRATE



science stigma

6-Month Healthy Minds Learning Program (Live Virtual or In-Person*)

A turnkey half-year of mental wellness curriculum spanning basic education and tools across topics of stress, burnout, mindfulness, emotions, and triggers:

- **3 Healthy Minds Workshops:** 45-min live, virtual sessions, comprising Modules 1 & 2 on next pg
- **3 Healthy Minds Meditations:** 30-min live, virtual sessions, on mindfulness and stress reduction
- **6 Month Access to Healthy Minds Asynchronous Learning Library (Basic):** See description below

Bundled Cost: \$9,000* (5% discount from standard a la carte pricing)

*Includes up to 500 participants per virtual event. Please reach out for expanded attendance or in-person pricing.

12-Month Healthy Minds Learning Program (Live Virtual or In-Person*)

A turnkey full-year of mental wellness curriculum spanning education and tools across topics of stress, burnout, mindfulness, emotions, and triggers, self-views, relationships, and conflict:

- **6 Healthy Minds Workshops:** 45-min live, virtual sessions, comprising Modules 1 to 4 on next pg
- **6 Healthy Minds Meditations:** 30-min live, virtual sessions, on mindfulness and stress reduction
- **12 Month Access Healthy Minds Asynchronous Learning Library (Basic):** See description below

Bundled Cost: \$16,950* (10% discount from standard a la carte pricing)

*Includes up to 500 participants per virtual event. Please reach out for expanded attendance or in-person pricing.

Healthy Minds Online Learning Library (Asynchronous Virtual)

A library series of **professionally produced, Masterclass-style video lessons** covering parallel content as live workshop modules in order to enable asynchronous, online learning for all employees:

	6-Mo A La Carte	12-Mo A La Carte
Basic (Private YouTube playlist, unbranded & login not required)	\$3,500	\$6,500
Plus (Private, co-branded library with employee-specific logins)	\$5,500	\$10,500

Includes asynchronous access for up to 10,000 employees. Please reach out for expanded attendance pricing.

core healthy minds workshop topics (pg 1 of 2)

	Workshop Topic	Description
Stress & Burnout	Science of Stress	When you hear that "stress is bad for you" but stress feels like it's part of almost every moment of your life, what do you do? This Healthy Minds Workshop is dedicated to distilling what you need to know: the tangible science of the stress response, what can make stress unhealthy, how to complete your stress cycle, and various easy-to-practice tools to build a healthier relationship with stress in a way that feels realistic and empowering to busy professional life.
	Science of Burnout	This Healthy Minds Workshop was designed to empower knowledge and action when it comes to identifying, preventing, and responding to burnout. We'll cover body-brain science of burnout, common causes of burnout in work and personal life, and top tools for preventing and responding to burnout – from understanding where our sneaky burnout behaviors like perfectionism & people pleasing might come from, to learning to realistically set healthier boundaries in work and personal life.
	Science of Mindfulness	Join us as we de-buzz the trend of mindfulness into tangible education, application, and value to your everyday mental wellness inside and outside of work. In this Healthy Minds Workshop, we'll introduce the science and research behind mindfulness and its proven benefits, what mindfulness is and how to practice it in everyday life, and strategies to incorporate mindfulness as a realistic habit that helps you better manage stress and foster mental clarity.
Emotions & Triggers	Science of Emotion	As humans, we all have emotions from the moment we're born and all the way throughout our lives. What's funny is, even though they're a core part of our biology, we don't frequently get much, if any, formal education on what emotions are and how to foster emotional health. This Healthy Minds Workshop reviews the body-brain science behind emotions in order to increase understanding and awareness of everyday emotions. We'll walk through a hands-on exercise to practice mindful discovery of the roots of our reactions and then discuss how to apply such practices to improve awareness of how our emotions impact ourselves, our work, and our relationships.
	Working with Difficult Emotions	The times when we most often feel challenged by our mental wellness is when we're going through difficult times and difficult emotions... times of uncertainty, change, conflict, or pain. The stigma and shame around difficult emotions has left a lot of us with a big gap in education, tools, or ability to work through difficult situations healthily. That's what this Healthy Minds Workshop is dedicated to: Working with Difficult Emotions. We'll review the science & importance of difficult emotions, and then move into tangible tips and phrases to navigate triggers and difficult emotions both intrapersonally and interpersonally.
	Reclaiming Resilience & Agency	Resilience has become one of the more trendy words in mental health lately, but do we actually know what it means and why it's important in real life? This workshop turns buzz into understanding and action, reviewing the science and psychology that make resilience so important to our mental health and introducing the concept of agency as a key ingredient that often goes overlooked as well. Then, we review tangible tools and hands-on exercises to reclaim resilience through the tough times.

core healthy minds workshop topics (pg 2 of 2)

	Workshop Topic	Description
Connection w/ Self & Others	Science of Self-Views	Whether you know it or not, your relationship with yourself drives the quality of your mental wellness, work, relationship, and experiences in life. In this Healthy Minds Workshop, we dig into the science and biology of how self-views and relationship form and why they are so critical to our health. Then, we'll dive into application, learning about self-worth, compassion, and resilience with a mindful exercise and self-views mapping activity.
	Working Through Conflict & Disconnect	This Healthy Minds Workshop delivers education and tools in psychology, emotional intelligence, and mindful curiosity to help us better maintain connection when personal differences and difficult emotions get in the way. We'll begin with the "why", the psychological science to help us better understand reactions and triggers amidst disagreement, then teach and have hands-on practice of tools to better connect through difference with mindful compassion, curiosity, and conversational IQ.
	Deepening Connections & Relationships	Our world of networking and hustle has diluted some depth and meaning of our everyday connections, and we're on a mission to bring that depth and meaning back. This workshop delivers education and tools in psychology, conversational intelligence, and curiosity to help us better build and foster meaningful connections - from work to personal relationships, pleasant and difficult. We'll begin with the psychological science to help us better understand the importance and mechanics of connection, then get hands-on practice of better connecting with conversational intelligence, curiosity and compassion.
Seasonal & Specifics	Modern Mental Health 101	This session dives into educational basics of modern mental health – covering common questions like: What's the difference between psychology, psychotherapy, and psychiatry? How do I choose a therapist and get the most out of therapy? How do I support my mental health during current COVID times? – as well as answering employee questions that we can collect before and during the event – with a goal of educating and empowering everyday mental health.
	Understanding & Destigmatizing Grief	It's unanimous, 100% of us will experience grief. The sources of our grief vary, from personal losses, to professional transitions, to frightening world events. Yet, few of us understand what grief is, how to talk about it, or how to care for ourselves or others. This workshop empowers people to identify how and when grief happens, exploring grief beliefs, grief styles, and skills needed to begin navigating. Includes practical insights and language necessary to show up with empathy for others in their time of need too.
	Healthy Minds for the Holidays	As we approach the holiday season, we look forward to joy and cheer – but are also often met with time demands and stresses. Join us to get proactive with preserving your mental wellness during the holidays as we talk calendar burnout, setting boundaries, stressful interactions, gathering and connecting, and pragmatically prioritizing self-care as we end the year.

rowing dock meditations

(available to Austin teams only)



Recalibrate at The Rowing Dock (local Austin clients only)

We've partnered with The Rowing Dock on Town Lake to host private, small group meditations to foster mental wellness while staying safely distanced, outdoors, on the beautiful waters of Town Lake at sunrise and sunset.

Discounted paddleboard and kayak rentals are available for team members to get on the water after meditations as well.

Starting at \$500. Email us to inquire about availability and booking times.

delivery team

(pg 1 of 2)



Gloria Chan Packer | Recalibrate Founder & Principal

Gloria is an international mental wellness educator, [TED speaker](#), and [experienced corporate leader](#). She is the founder of Recalibrate, a workplace mental wellness provider that takes a uniquely modern, science-backed, and realistic approach to mental wellness learning for client organizations all over the world. Her [TED Talk](#) was one of the most viewed talks of 2022, garnering 2+ million views on TED.com and 3.5+ million views on [TED's TikTok](#). Gloria has been featured as a guest expert at [SXSW](#), [Business Insider](#), the [TED Business podcast](#), the [How to Be a Better Human podcast](#), the [Sunday Scaries](#) podcast, [Work Appropriate podcast](#), and more.

Prior to Recalibrate, Gloria led an established career in management consulting as a senior leader specializing in technology strategy and implementation for various Fortune 500 clients in cable, healthcare, financial services, energy, and nonprofit industries. Gloria founded Recalibrate in 2018 after an unexpected medical battle led her to re-examine her relationship with stress, inspiring her to improve mental health education for fellow busy professionals by promoting science over stigma.

Gloria's work has been recognized with an Austin Under 40 award in 2022 and an Austin Young Chamber's FAVE Business of the Year award in 2020. Her training includes various continuing education psychology and psychotherapy trainings with Deep Eddy Psychotherapy, Mindfulness Teacher Training from The Mindfulness Center; Executive Education in Corporate Strategy from Columbia Business School; and a Bachelor's in Business Administration with dual majors in Corporate Finance and the Business Honors Program from the University of Texas at Austin.

Outside of work, Gloria enjoys gardening, good food with good friends, spending time outdoors, playing with design, and living life in Austin, Texas with her husband, son, and two pups.

delivery team

(pg 2 of 2)



Lisa Keefauver, MSW | Lead Workshop Facilitator & Meditation Teacher

Lisa is a former social worker and therapist, turned mental health educator and professor who is especially passionate about empathy and grief. Lisa delivers warmth, vulnerability, curiosity, humor and therapeutic skills in her work as a speaker, writer, podcast host, educator and organizational consultant. In addition to her work as a Lead Advisor at Recalibrate, Lisa is an Adjunct Professor of Loss and Grief at the University of Texas at Austin, top-rated podcast host, and organizational consultant. Prior to Recalibrate, Lisa was the Director of Strategic Partnerships at Austin social impact organization [Mission Capital](#) and co-founded the [CareBOX Program](#), a nonprofit providing free care supplies to cancer patients in need in Central Texas. Lisa's formal training & education include:

- Master's Degree of Social Work from the University of Vermont
- Bachelor's Degree in Arts in Sociology from Boston University
- Beyond Diversity™ Training on Deinstitutionalizing Racism & Eliminating Racial Achievement Disparities



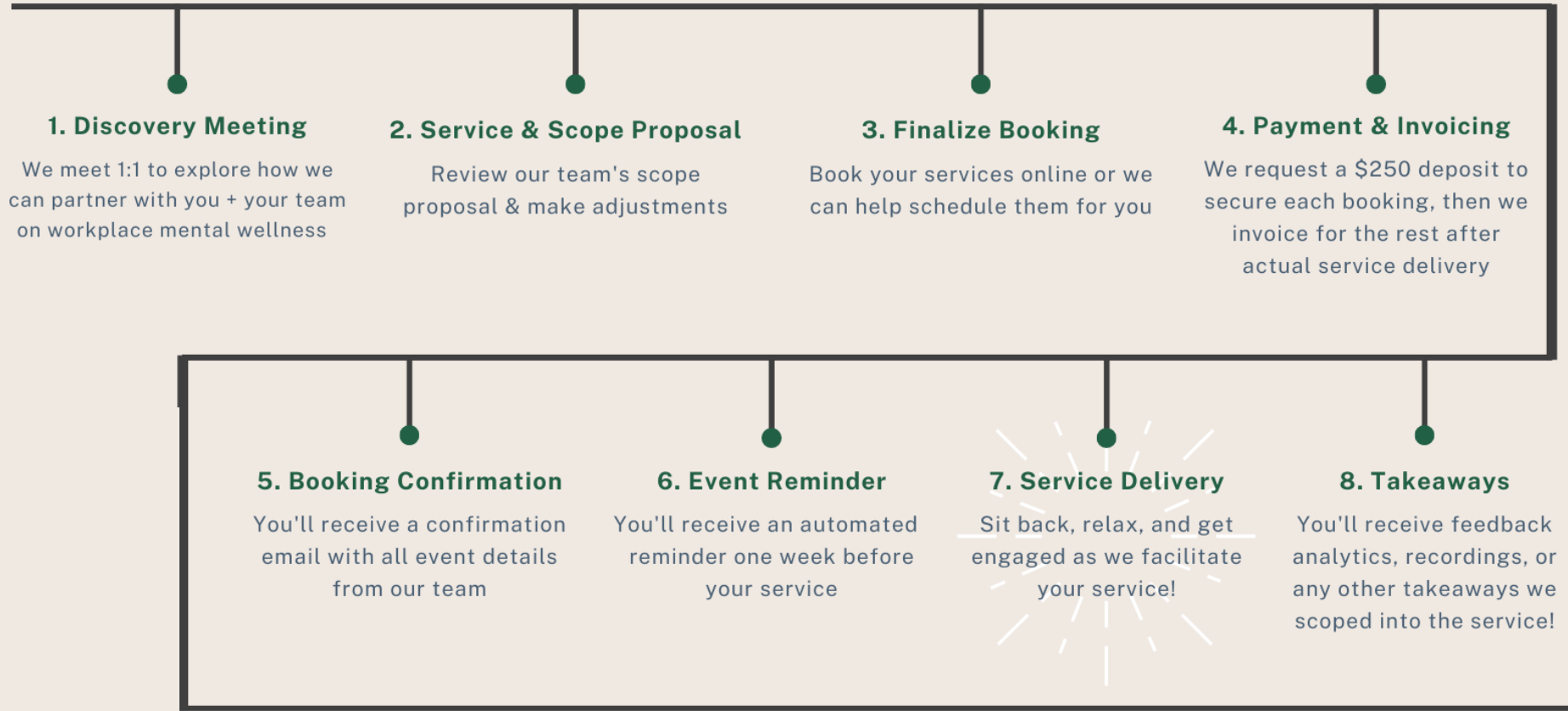
Rachael Swerdon, RYT-200 | Meditation Teacher

Rachael previously helped Recalibrate's operations run smoothly by supporting our client relationships, logistics, and events. – and now is a part-time meditation and yoga teacher for Recalibrate clients. Rachael brings her content acumen from her experience as a Social Media Coordinator at Khoros and her mindfulness acumen from her experience as a certified yoga teacher from Black Swan Yoga. We're grateful to have Rachael contributing meaning to our team and community! Rachael's formal training & education include:

- Bachelor's in Science in Communication Studies from University of Texas at Austin
- Yoga Teacher Training, 200 Hours in Vinyasa and Ashtanga Yoga from Black Swan Yoga in Austin, TX
- Meditation Teacher Training from Black Swan Yoga in Austin, TX

delivery process

Curious about what the process looks like from our first touchpoint to service delivery? Below is what our usual standard process looks like – but don't forget we are always happy to customize and tailor our services and process to what best supports your organization!



booking & contact



click here to book a service
or view our availability



click here to schedule
an intro call with our team



click here to
email our team

www.recalibratemind.com | 512.813.0209 | 106 E 6th St #900-102, austin, tx 78701