



THRIVE

HOLISTIC WELLNESS FOR
A THRIVING WORKPLACE



About Us

The FM Wellness Collective is a community of wellness practitioners in the Fargo-Moorhead area, dedicated to supporting and empowering one another while serving as a reliable resource for wellness in the community. We believe that the workplace is a powerful space for transformation and healing, as people spend much of their time at work. By making wellness more accessible in both personal and corporate environments, we aim to strengthen the culture of well-being in the Fargo-Moorhead area and create lasting, meaningful impact.

Our Values

COMMUNITY

When we seek wellness in community, we all benefit. We aim to create a culture of well-being in Fargo Moorhead, where individuals are inspired and empowered to lead healthier, happier lives.

COLLABORATION

FM Wellness Collective provides a platform for practitioners to connect, collaborate, and cultivate a supportive environment.

EMPOWERMENT

We empower wellness practitioners to thrive in their careers and empower individuals to take control of their well-being.

INCLUSIVITY

We are committed to making wellness services accessible to all members of our community.

VISIBILITY

We enhance the visibility of wellness modalities and practitioners in the FM area to promote awareness and accessibility.

INTEGRITY

We hold the collective and practitioners to a level of integrity that speaks to our values, ensuring ethical and responsible practices.

Contact Us

hello@fmwellnesscollective.com

fmwellnesscollective.com

1445 1st Ave N Fargo, ND 58102

909.503.3441



Workplace Wellness: A Smart Investment for Thriving Organizations

Investing in workplace wellness isn't just a perk—it's a strategic advantage. A culture that prioritizes wellness fosters higher engagement, decreases stress, and enhances overall workplace morale. Organizations that implement holistic wellness initiatives experience better retention, increased performance, and a more positive work environment. By integrating wellness into the workplace, companies empower their employees to thrive—both personally and professionally—ultimately leading to a healthier, more resilient organization.

**Reduces
Absenteeism
by
26.8%**

Workplace health promotion programs can **decrease sick leave absenteeism** by an average of 26.8%.

Employees participating in wellness programs often experience **improved productivity**, with studies indicating a return of \$5.81 in reduced absenteeism and increased productivity for every dollar spent.

**Increases
Productivity
\$5.81 return for
every \$1 spent**

**Enhances
Employee
Satisfaction by
16%**

Companies with corporate wellness programs report a 16% **increase in employee satisfaction**.

Wellness Workshops



Natalie Reiter **Prairieland Counseling Services**

Natalie is the Owner and Founder of Prairieland Counseling, a licensed therapist in North Dakota and Minnesota with specialized training in infertility and reproductive mental health. She is certified in Perinatal Mental Health and trained in EMDR and Narrative Exposure Therapy, bringing over 15 years of experience in mental health and career counseling. An LGBTQIA+ affirming provider and proud ally, she creates a supportive and inclusive space for all clients.

BURNOUT AND STRESS, HOW TO REDUCE, RENEW AND REINVEST

Oftentimes productivity, team collaboration and employee satisfaction are impacted when levels of stress feel high. This can also lead to burnout, employee turnover and increased team conflict. This presentation helps participants recognize the stages of job burnout, ADHD burnout and autism burnout and if they are experiencing any burnout, identify 1-2 workplace or life stressors and create achievable goals to help to reduce the stress and burnout your employees are experiencing. This is a hands-on workshop where we really focus on how to get people to move from stuck to unstuck.

This workshop can also include a time management option where different ways to prioritize, manage tasks, and how to tackle unpleasant/avoided tasks are addressed.

CLEAR AS A BELL, COMMUNICATION IN THE WORKPLACE

How is your team functioning? Do you have the same conversations over and over again? Does it feel like people don't feel heard or understood? This workshop reviews different ways we communicate and how we can improve our current communication patterns. This workshop does require a preworkshop survey to help understand where the communication blocks are coming from. This is also interactive and participants will walk away having experienced different ways to convey messages, respond to messages and active listening.

GRIEF AND LOSS IN THE WORKPLACE

Often when there is a loss in the workplace it is difficult to know what to do, say or how to respond. This workshop explores what grief is, what it can look like, different stages of grief and how to support yourself and others going through the grieving process.

This workshop can be combined with a processing session if your company has recently had a loss and is looking for someone to facilitate this process.

Wellness Workshops



Melissa Pachak Simply Well with Melissa

Melissa is a holistic nutritionist, herbalist, and Mayo Clinic-certified Wellness Coach, currently completing her master's in counseling at the University of North Dakota. As the Founder of the FM Wellness Collective, she is deeply passionate about building community and creating spaces where people can connect and thrive. She believes that true wellness looks different for everyone and requires a "whole-istic" approach—one that honors the mind, body, and spirit while seeing the whole person.

VALUES TO VISION: LEADING WITH PURPOSE

This interactive workshop helps leaders uncover and align their core values to lead with greater intention and impact. Through guided reflection, discussion, and a values alignment check, participants will explore how their values shape decisions, leadership style, and team dynamics. By the end, each leader will craft a Leadership Vision Statement, gaining clarity on how to lead authentically while inspiring others.

Caroline McGuire CJM Yoga & Ayurveda

Owner of CJM Yoga, Caroline has been practicing Yoga for a decade and teaching since 2018. She received her 235-hr teacher training from Devanadi School of Yoga and Wellness in 2018 and completed her 85-hour prenatal teacher training from Blooma in 2019, both located in Minneapolis, MN. Since then, Caroline has differentiated her teachings across many studios, fitness centers, and healthcare organizations in the Fargo-Moorhead area.



INTRODUCTION TO AYURVEDA

Learning the elements, constitutions & their flow through the cycles of life

INTRODUCTION TO YOGA

Learning what Yoga is and how to live a yogic lifestyle (no poses!)

YOGA: POSTURES, BREATHWORK AND/OR MEDITATION CLASS

AYURVEDIC COOKING: CLASS & TUTORIAL (KITCHEN NEEDED)

AYURVEDIC SELF-CARE: CLASS & TUTORIAL

Wellness Workshops



Dr. Alli Svobodny, N.D. Deep Roots Medicine

Dr. Alli is a Naturopathic Doctor (ND) offering Mind-Body-Soul care to help individuals understand their physical and mental symptoms and heal from the roots up. She believes the body is inherently self-healing and communicates its needs through symptoms, emotions, and soul-whisperings. Using both analytical and intuitive approaches, she helps clients remove obstacles to healing and develop a deeper trust in their body's wisdom. With over a decade of experience in holistic and functional medicine, Dr. Alli guides individuals in exploring the mental, emotional, energetic, and spiritual roots of their symptoms to support true, lasting wellness.

BUILDING STRESS RESILIENCE WITH HEARTMATH (1-1.5 HOURS)

Overview: We all face stress, but how effectively are you managing it? How resilient are you when stress becomes chronic? In this class, you'll learn how to balance your nervous system and improve your overall well-being, longevity, focus, and productivity. HeartMath, a simple yet powerful practice, will help you shift your response to stress and foster a calm, alert, and centered state throughout your day.

Objectives:

- Build your own stress resilience toolkit using HeartMath techniques.
- Learn how to identify physical and mental signs of stress.
- Explore the impact of chronic stress on health and productivity.
- Learn about the nervous system and how it relates to chronic stress.
- Learn to manage and reduce stress to feel calm, focused, and energized.
- Practice simple HeartMath techniques to rewire your body's response to stress and feel more balanced.
- Learn how to use HeartMath techniques in daily life—both at home and work—to improve emotional and physical health.

Note: This course can be expanded to a series of 4 classes, 1 hour each.

Additional objectives for 4-class series:

- Build a full stress-resilience toolkit including:
 - Identify stressors you can eliminate (stress prevention).
 - Learn tools for balance, including herbs, mindfulness, movement, and nature.
 - Manage emotions in your stress response and deal with overwhelm.
 - Build mental resilience through self-talk, accountability, and knowing when to let go.
 - Develop a personalized plan for using your resilience tools.

Wellness Workshops



Rachel Harveland

Rachel is a Somatic Breathwork Practitioner and Herbalist dedicated to guiding others on a journey of deep healing and self-discovery. She trusts in the innate wisdom of the body and the power of breath to release what no longer serves, creating space for clarity, peace, and transformation. With a gentle presence and compassionate guidance, she helps clients reconnect with their true essence, shedding old patterns and embracing a life of authenticity and self-love.

BRING BREATHWORK TO YOUR WORKPLACE A 90 MINUTE GUIDED ACTIVE BREATHWORK MEDITATION GROUP EXPERIENCE

Breathwork is an active meditation technique that overrides the executive functioning (logical/reasoning) of the brain and activates the subconscious part of the mind (emotions & memory) by accessing an altered state of consciousness through an active, rhythmic breathing pattern. This meditation technique is done lying down and is designed to safely release stuck emotional energy, creating a strong connection to self & a clear mind.

A 90-120 minute guided breathwork meditation experience can be part of a wellness day event, retreat, festival, or experience with your staff/company.

Benefits of Breathwork:

- Access to greater creativity and innovation
- Increased compassion, understanding, and authentic connection with employees, co-workers, & clients
- Renewed energy & clarity
- Heightened intuition
- Stronger bonds formed through shared experience
- Decreased anxiety, frustration, overwhelm, depression, and stress

Wellness Workshops



Saree Janz Inner Spark Coaching & Hypnosis

Saree is a Certified Hypnotherapist, Mindfulness & Meditation Practitioner, and Transpersonal Coach who combines hypnosis, mindfulness, and coaching techniques to help clients break habits and reach their full potential. With experience in both personal and group meditations, she facilitates mastermind groups and hypno-meditation cocooning workshops on topics like intuition building, weight release, and spiritual development.

MIND OVER MATTER: HARNESSING SELF-HYPNOSIS FOR PEAK PERFORMANCE (45 MINUTES)

Your mind is your most powerful tool—are you using it to its full potential? In this transformative workshop, you'll discover how to access the subconscious mind through self-hypnosis, allowing you to break through mental blocks, enhance focus, and cultivate resilience.

Through guided exercises and practical techniques, you'll learn how to:

- Shift limiting beliefs that hold you back
- Rewire your subconscious for success and confidence
- Improve stress management and emotional regulation
- Strengthen concentration and productivity
- Tap into creativity and intuition for better problem-solving

Self-hypnosis is a scientifically backed technique that high performers use to reprogram their mindset for success. Whether you're looking to boost your professional performance, enhance well-being, or simply create a more positive and empowered inner dialogue, this workshop will give you practical tools to make your mind work for you, not against you.

The Art of Calm: Mindfulness, Meditation & Body-Based Practices for Stress Resilience (45, 60 or 90 minutes; Can also be done as a lunch n learn)

In today's fast-paced world, stress can feel like an unavoidable part of life—but what if you had the tools to rewire your nervous system for lasting calm and resilience?

This immersive workshop blends mindfulness, guided meditation, and body-based (somatic) exercises to help you:

- Retrain your mind for relaxation and inner balance
- Regulate your nervous system and reduce stress reactivity
- Cultivate deeper body awareness to release tension and stored emotions
- Develop self-soothing techniques for instant calm in high-pressure situations
- Build a sustainable mindfulness practice for greater mental clarity and emotional well-being

Perfect for professionals, leaders, and teams looking to improve workplace wellness, reduce stress, and cultivate a culture of clarity and resilience.

Wellness Workshops



Jennifer Olson Resonance Sound Healing

Jen is a Licensed Vibrational Sound Therapy Practitioner who uses therapeutic Himalayan Singing Bowls to help individuals manage stress and anxiety, improve sleep, enhance focus, and support overall wellness. She offers individual and paired sessions, public sound immersion events, private group gatherings, and corporate wellness experiences. Helping others experience the benefits of deep rest through sound therapy brings her true joy.

STRESSED OUT? SOUND IT OUT! (50MIN)

20min talk about how we can use sound to gently nudge ourselves into a naturally restorative state. This talk will touch on the detriments of losing our ability to flow between “fight or flight” and “rest and digest” caused by the constant stressors of modern life and how to use sound to help rebuild that ability. Sound healing is an easily accessible tool for individual or group practice that helps settle body and mind leading to better emotional resilience, more open communication, and increased productivity in work and in life. We’ll have a 20min sound bath demonstration using Himalayan Singing Bowls and other instruments with gentle guided breathing and visualization exercises. Program will close with 10min of Q&A and wrap-up.

REST AND RESET - SOUND BATH EXPERIENCE (1-1.5 HOURS)

Build connections through a shared healing experience. Sharing in a unique and positive experience that doesn’t demand a lot of interpersonal interaction is an excellent (and inclusive) way to build connection in modern teams. This is a listening event where participants will lie down or sit comfortably while listening to Himalayan Singing Bowls and other instruments.

This sound bath is both educational and stress relieving and will leave your attendees feeling rested and refreshed, ready to face the challenges that come their way. The sound bath will open with a brief discussion of how sound healing can help us reach a restorative state of rest. We’ll talk about what to expect and how to make the most of the session. Participants will lie down or sit comfortably while listening to Himalayan Singing Bowls and other instruments. We’ll settle in with a guided breathing and visualization exercise. The session will end with time for Q&A.

Participants are encouraged to bring items to be comfortable lying on the floor for about an hour. Ex: sleeping bag, pillow, blanket. People can also choose to sit during the event.

These programs are available in-person and via your virtual platform. This program is intended to be accessible for all individuals. Questions about accommodation are welcome.

Wellness Workshops



Kim Hobbs **Downtown Yoga**

owner of Downtown Yoga Fargo and Lead Teacher of Peaceful Warrior Yoga School, is dedicated to living, sharing, and stewarding the teachings of Vedanta—the path to oneness—through lineage-based studies. She completed 500 hours of yoga teacher training at Peachtree Yoga Center in Atlanta, GA. Since then, she has committed her life to continuous learning and sharing the practice of yoga.

BEGINNER YOGA

What is yoga and how can you integrate it into everyday life both on and off the mat.

LEARN TO BREATHE

Explore 3 different ancient breathing practices, pranayama, that will enhance your relationship with your breath and expand your capacity to self-regulate your body/mind.

MEDITATION FOR BEGINNERS

Learn to slow down your mind and increase your ability to focus with accessible, simple meditation practices for all.

Sarah Smith Warren **Soul Space Work**

Sarah is the founder of Soul Space Work, a coaching and consulting space dedicated to helping humans and businesses align their soul in their work and life. Soul Space Work provides empowerment coaching, leadership and retreat facilitation, special events and hosts an online journal, The Soul Place, to celebrate brilliant humans living soul first.



PROTECTING YOUR WELLNESS AT WORK

We want happy and healthy humans! We want them at work and we want them at home. When we take personal responsibility for our wellness AND our work supports our wellness we can healthily flow in and out of work and life. This workshop provides individual and organizational wellness assessments, easy and accessible tools for caring for ourselves and our employees and even a few wellness gifts.

Wellness Workshops



Morgan Audobol **Modern Table**

Morgan provides a simple, streamlined approach to eating well through her business, Modern Table: a health-focused meal-prep and catering service here in Fargo, ND. Modern Table was born out of Morgan's own journey through an autoimmune diagnosis that required a radical lifestyle shift in order to restore her health. She learned first-hand the power of food and nutrition in healing and discovered a deep passion for helping others see the connection between caring about your health and how that influences a full, vibrant life.

MEAL PREP FOR BUSY PROFESSIONALS

- Quick and nutritious breakfast options for hectic mornings
- Batch cooking strategies to ensure healthy lunches/dinners during the workweek
- Smart snack preparation to avoid relying on vending machines or convenience foods
- Simple family-friendly recipes for busy weeknights

BRAIN-BOOSTING AND STRESS-FIGHTING FOODS

- Foods and recipes that help regulate cortisol levels and support the body's stress response
- Key nutrients that support cognitive function, anxiety/stress management, and mental clarity.
- Understanding emotional eating in the workplace and developing healthier coping mechanisms.
- The connection between gut health and mental health/performance
- Hydration strategies for optimal brain function during work hours

ENERGY MANAGEMENT THROUGH NUTRITION

- Understanding blood sugar balance and its impact on focus and mood throughout the workday
- Strategic meal timing for sustained energy and productivity
- Choosing snacks that support stable energy levels rather than causing afternoon crashes

WELLNESS YOUR WAY: DESIGNING YOUR PERFECT (AND PERFECTLY DOABLE) DAILY WELLNESS ROUTINE

- Creating habits that promote health, are enjoyable, and sustainable for YOU.
- Designing your plan of Rest/Recovery, Movement/Body, Mind/Mood, Connection/Joy that supports your life's goals and what matters most.

Work with Us

At FM Wellness Collective, we understand that healthy employees are more productive and engaged. Our wellness program is specifically tailored for businesses with 20-100 employees and integrates mental and physical health resources. Our goal is to provide a holistic solution that helps employees flourish in all aspects of their lives.

Wellness Workshops

We're thrilled to offer a diverse selection of workshops led by our incredible collective members. If you have a specific topic in mind, we're happy to create a customized workshop just for you!

- 2-hour Workshop
- 90-Minute Workshop
- Lunch & Learn (50-minutes)

**Cost dependent on number of participants

Additional Services

We recognize that workplace wellness is not one-size-fits-all—each organization has unique needs and goals. That's why we're committed to designing a customized wellness program tailored specifically for your company. Here are some of the services we offer:

- Comprehensive Wellness Intake
- Goal Assessment
- Custom Wellness Dashboards
- Personalized Coaching
- Wellness Challenges
- Progress Tracking
- Customized Wellness Packages