

**Project Passport Signature Mental Wellness Retreats  
(Virtual + On-Site Options)**

# ***Retreat and Workshop Topics for Companies and Organizations***

SELECT ONE OR MULTIPLE TOPICS. MIX AND MATCH.  
RULE OF THUMB IS 1.5 HOURS PER TOPIC MINIMUM.

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**Becoming Intentionally Productive & Staying Motivated**

**Boosting Creativity: Where Art Meets Wellness**

**Building Confidence in the Workforce**

**Connecting Spirituality to Being an Effective Professional**

**Connecting the Generational Gap in the Workplace**

**Creating Harmony Between Work & Life**

**Cultivating Effective Communication**

**Developing Impactful Decision Making Skills**

**Energizing Your Home Office**

**Enhancing Emotional Awareness/Intelligence**

**Fighting the Fear of Change**

**Managing Stress/Anger & Self Care Techniques**

**Racial Justice**

**Re-Establishing Purpose in Work**

**Relationship/Team Building and Conflict Management**

**Transforming Work Ergonomics to Physical Wellbeing**

## **Social Retreats**

**\*\*Cooking Retreat (Healthy & Standard Recipe Options)**

**The Smoothie Social Experience**

**The Music & Drink Mixology Experience**

*\*\*Segment requires at least 1.5 hours of retreat time*

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THIS LIST IS SUBJECT TO CHANGE. PLEASE REACH OUT TO US FOR CUSTOM  
OPTIONS NOT ON THIS LIST.

[CLICK TO BOOK YOUR RETREAT NOW](#)

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