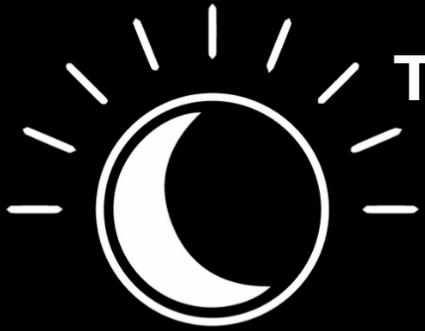


VenSeremos, an inclusive Wellness Company specializing in personal development and wellbeing practices. Clients will experience and learn powerful holistic modalities such as trauma-informed Yoga, Somatic Movement, Breathwork, Meditation, and more to cultivate a lasting state of wellbeing, offering them them a better quality of life and sense of Self.

# VENSEREMOS



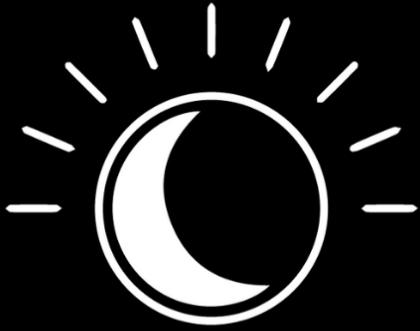


**The quality of our life is determined by the quality of our health and mind.**

**IMPROVE MENTAL AND SOCIAL WELLBEING AT WORK WITH ONGOING PROGRAMS AND ONE-TIME CLASSES.**

VenSeremos engages organizations through LIVE in-person and virtual classes, quarterly events and social wellbeing engagements in the work environment.





# WHAT WE OFFER

VenSeremos offers ongoing programs, one-time seminars and wellness events to optimize team and individual performance.

**LIVE CLASSES:** Regularly scheduled yoga and meditation classes.

- Instructors (s) will arrange the participants as they arrive in designated class space (conference room or virtual meeting).
- Participants will be guided through the daily practice, movement sequence or mediation session.

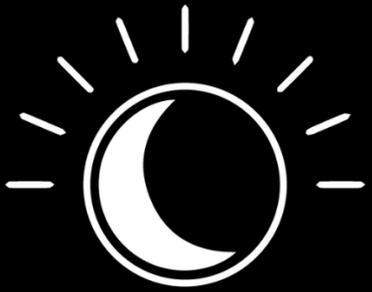
**SEMINARS:** Live team seminars as a one-time event or ongoing.

- Seminars led by founder, Jenn Guerrero, vary on a range of professional development topics from mindset coaching, sales pitch strategies, to non-violent communication and leadership development.
- The seminars are carefully curated to meet your teams needs given the unique set of challenges they are facing.

**WELLBEING EVENTS:** Customized one-day events focusing on employee wellness and social engagement.

- Wellbeing events bring a variety of wellness activities and services on site to support your team's morale and overall health.
- Services and activities include: massage therapy, yoga, soundbaths, breathwork, fitness and nutrition classes, and more.





# PROVEN SUCCESS

## PARTICIPATION

VenSeremos programs have an average employee participation rate of 50% — compared to the industry average: 10%.

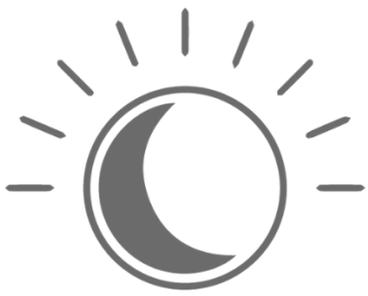
## PRODUCTIVITY

100% of our participants report feeling more capable and more confident after completing a VenSeremos seminar with Jenn. They report gaining valuable insights and skills for work.

## MORALE

Over 90% of our participants lower feelings of stress and general anxiety in the work place.





# Jenn Guerrero

**Master Facilitator & Wellness Coach**

Jenn Guerrero is the founder of VenSeremos, an inclusive Wellness Company offering holistic (whole-person) healing modalities, bringing bilingual access to serve the Latinx community. As a survivor of trauma and childhood C-PTSD, Jenn uses the tools she learned and applied on her personal journey to lead others through transformation. Jenn champions her clients along their journey with empathy and compassion, guiding them toward radical self-acceptance to create powerful changes in their life. She teaches that through the inclusion of all parts of the Self, light and shadow, that change happens. For that reason: "En luz y sombra, VenSeremos." - In light and shadow, VenSeremos

Jenn is certified and trained in a multitude of holistic modalities. She is a master breathwork facilitator, registered yoga teacher, NLP practitioner, non-violent communication facilitator, 5NP auricular acupuncture, social-emotional learning educator, and holistic wellness coach. She also has a black belt and teaches martial arts during her free time.

Jenn's mission is to bring trauma-informed mindfulness and holistic practices to individuals and communities. She has brought her work across international borders from New York City and Miami, to Colombia, and her home, Puerto Rico. Nurturing her passion for both business development and creating cultural change, her teachings have found a home in variety of settings including corporate wellness programs for global corporations, social outreach efforts with incarcerated youth populations, relief efforts in communities struggling with social violence and collective trauma throughout Latin America and actively volunteers with local sustainable community efforts in Puerto Rico.





# BOOKING

To book a VenSeremos Class, Seminar or Event at your studio, office, community center or any other venue of your choice, send an email to [info@venseremos.com](mailto:info@venseremos.com) with the subject line **BOOKING** and the date requested.

If a studio fee is required please list your terms for collaborations in your email.

All offerings by VenSeremos are customizable for your group's specific needs. Once you've had a FREE consultation, you will be sent a proposal based on the agreed upon terms.

## **GUARANTEE**

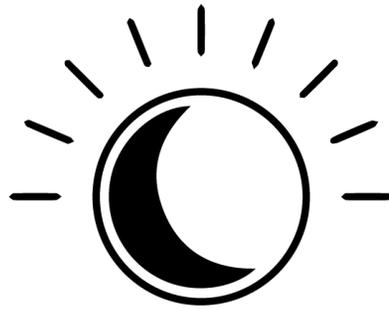
All contracts must be signed and submitted with a minimum deposit amount specified in the proposal agreement.

Full payments must be submitted 3 business days prior to the date of the booking.

Prices for services exchanged may vary based on accommodation and travel requirements.

A note :

At VenSeremos we believe that you hold the power to transform your current experience and live in your fullest potential. Too often we are conditioned by our experiences and by social constructs to move away from our expression of the authentic Self. The tools and classes offered by VenSeremos, and founder, Jenn Guerrero, are designed to help the participant find the awareness of the patterns that keep them trapped in repressed states of expression. The focus is a holistic (whole-person) approach that encompasses all parts of the Self. It takes more than a mindset reset to find the root cause for the symptomatic effects of their internal experience. Our mission is to bring trauma-informed practices to help improve the lives of as many people possible. If you've experienced a session, class or event with VenSeremos, and would like to share your feedback with us, we'd love to hear from you.



**VENSEREMOS**

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