



# ROSA CASTANO

Workplace Wellbeing Enthusiast  
Mindfulness Coach  
Motivational Speaker  
Yoga Teacher

## MY BACKGROUND

Over the course of my career, I've worked in all types of settings from small businesses, freshly minted startups, and large, diverse non-profit corporations. And while these environments operated differently, they all had some things in common when it came to the employee experience. No matter the size or mission of the organization, I saw over and over again how teams could thrive under good leadership or deteriorate due to an unhealthy culture. So today, I'm partnering with person-centered leaders to bring a fresh perspective to how we interact in the workplace. I combine my years of work experience with my skills as a Yoga Teacher and Mindfulness Coach to support organizations in enhancing employee engagement during this critical time in the world of work.



## CONTACT INFORMATION

615-686-4502  
rosa.rmcinvest@gmail.com  
Nashville, TN  
www.rosacastano.com

# Workplace Wellbeing & Human Connection

## HERE IS WHY:

*We know that in order to maximize the potential of each employee, you must create a work environment that enhances wellbeing. Now more than ever, it's time to reflect on the culture that you are creating. Are you seeing high rates of burnout and turnover? Is your growth stalled out due to low employee engagement? Or does your workplace have a thriving culture where everyone is seen as a human being with human needs? If you want to create a more positive workplace, can you afford to go another month without an actionable plan for change?*

## OFFERINGS:

### ▶ Group Yoga Class - for Employees & Leaders

An intentional space that allows everyone to slow down and check in with themselves, the class is designed to be easily accessible to all bodies and skill levels. Meditative elements are integrated throughout the class.

### ▶ Mindfulness Matters - for Employees & Leaders

This class is designed to be a collaborative effort between employees and leaders. We will allow space for training and discussion on how to implement or cultivate the positive culture you would like to see in your business.

### ▶ Leading with Empathy & Courage - for Leaders

By fostering engagement and re-humanizing the employee experience, leadership can help everyone feel valued, seen, and heard. This training will show you how to lead with empathy and build a culture that fuels innovation and productivity.

*\*Looking for something more specific? I'd be happy to curate a course for your company's specific needs.*

## CAREER BACKGROUND

### SALES MANAGER

Cultural Museum 2018-2020

### SENIOR DIRECTOR OF SALES

Entrepreneurial Start Up | 2015-2018

### SENIOR SALES MANAGER

Medical Equipment Company | 2006-2015

\*President of Healthcare Society [2014-2015] // YP Advisory Member 2016-2020