



FOUNDATIONAL WELLNESS

for Entrepreneurs

An 8-session mental wellness series designed for entrepreneurs + business owners



Build the wellness foundation behind your business—reduce burnout, reset stress, and strengthen resilience, boundaries, and mindset.

What You'll Gain:

- Practical, guided wellness practices
- Tools for stress regulation + sustainable routines
- Boundary-setting + resilient leadership support
- Community with other entrepreneurs

Featured Session Topics

- Nervous system reset + nutrition support
- Mindful journaling for clarity and self-leadership
- Aromatherapy for stress support
- Movement + yoga for regulation and recovery
- Breaking mental health stigma
- Financial wellness + money mindset
- Closing Session

Session Details:

**Mondays + Wednesdays
May 11–June 3, 2026
5:30 PM – 7:30 PM**



Save your seat at
foundational-wellness.org



8-Session Mental Wellness Workshop Series

May 11–June 3, 2026 | 5:30–7:30 PM

Audience: *Entrepreneurs, founders, small business owners*

ABOUT THE SERIES

Foundational Wellness for Entrepreneurs is an 8-session, practice-based program built specifically for business owners. Entrepreneurs often carry constant pressure—decision fatigue, uncertainty, and nonstop responsibility—without consistent support. This series meets that reality with tools that are practical, accessible, and designed to fit real schedules.

Across eight sessions, participants learn and practice mental wellness strategies that strengthen the person behind the business—supporting stress regulation, healthy routines, boundary-setting, emotional resilience, and sustainable leadership.

Why This Matters

Mental wellness is business wellness.

When founders are well, they lead better, make clearer decisions, and build businesses that last. This series is designed to reduce burnout risk and strengthen long-term capacity—so entrepreneurs can sustain their work, their families, and their goals.

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8-Session Mental Wellness Workshop Series

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This program is for entrepreneurs who want to:

- Reduce chronic stress and prevent burnout
- Build stronger boundaries between personal life & business demands
- Strengthen resilience, focus, and consistency
- Improve wellness habits without unrealistic expectations
- Connect with a supportive community of peers

What Participants Receive

- Guided instruction + facilitated practice
- Take-home tools and reflection resources
- Program materials: Journals, Prompts, Resources, Wellness Oils, etc.
- Closing Session Experience with Gift Bag
- Access support (scholarship seats available)

Why Sponsor?

Your sponsorship creates direct, tangible support for entrepreneurs in our community. It helps reduce barriers to participation and funds the tools and program elements that turn “wellness” into real, sustainable habits.

Sponsorship supports:

- Scholarship seats and reduced-cost access
- Participant materials + printed resources
- Closing gift bags (journals, wellness items, partner offers)
- Refreshments and a welcoming learning environment
- Facilitator support and program quality

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Sponsorship Benefits

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\$10,000 — Presenting Sponsor (1 available)

- Named recognition as Presenting Sponsor on key materials (flyer, landing page, signage)
- Verbal acknowledgement at opening + closing sessions
- Logo on promotional materials
- Opportunity to include a featured item or premium offer in gift bags
- Recognition in series recap communication (email/social)
- Option to provide a brief, mission-aligned message in program materials
- Sponsor Impact Recap

\$5,000 — Lead Sponsor (up to 2)

- Supports materials, facilitator costs, and participant experience enhancements.
- Logo/name on landing page + flyer + on-site signage
- Verbal acknowledgement at one session
- Gift bag inclusion (item or offer)
- Recognition in promotional communications + recap
- Sponsor Impact Recap

\$2,500 — Supporting Sponsor (up to 4)

- Directly helps fund materials, refreshments, or a session resource bundle.
- Logo/name listed on landing page + signage
- Gift bag inclusion (offer/coupon)
- Recognition in recap communication
- Sponsor Impact Recap

\$1,000 — Community Sponsor

- Great for small business supporters and local partners.
- Name listed on sponsor roll (landing page + signage)
- Gift bag inclusion (offer/coupon)
- Thank-you mention in recap communication

\$500 — Friend of Entrepreneurs Sponsor

- Name listed on sponsor roll (landing page + signage)
- Thank-you mention in recap communication
- Sponsor Impact Recap