

HAPPY HOPE WELLNESS LLC

Jenna Annas

- Emotional Intelligence and Resilience Specialist
- Creative and Sound-Based Wellness Facilitator
- Grief and Trauma Coach
- HeartMath Practitioner
- Air Force Veteran
- Extensive background in educational and therapeutic settings



Empowering individuals, uniting communities, and enhancing workplace culture through immersive sound and creative wellness practices.

At Happy Hope Wellness LLC, we believe that a resilient, engaged, and balanced staff is the foundation of a thriving workplace. Our programs are designed to reduce stress, enhance emotional intelligence, and cultivate creativity — all while strengthening connections among your team.

Through our Reflect, Reframe, Renew™ framework, we guide employees to:

- Reflect on their emotional and mental state
- Reframe challenges with clarity and confidence
- Renew energy, focus, and resilience

We bring science-backed methods, sound and creative wellness, and compassionate coaching together to create a transformative experience for your staff.

Happy Hope Wellness LLC is a woman-owned, veteran-owned business registered through SBA, and certified with the Texas Veterans Commission.

CORE WELLNESS PROGRAM AREAS

Emotional Intelligence & Mindset Development

Focus on self-awareness, emotional regulation, empathy, and leadership skills to build stronger workplace culture and collaboration.

Delivery: Virtual or in-person | 60–90 min

Resilience & Stress Management

Evidence-based practices to help staff identify stress triggers, reframe challenges, and develop practical coping tools for balance and focus.

Delivery: Virtual or in-person | 60–90 min

Mindfulness & Sound Wellness

Integrating sound therapy, breathwork, and guided mindfulness to restore clarity, presence, and nervous system regulation.

Delivery: Virtual or in-person | 60–90 min

Creative Wellness & Expressive Arts

Hands-on creative experiences that support self-expression, connection, and innovation — using art, journaling, or movement to promote well-being.

Delivery: Virtual or in-person | 60–90 min

Grief, Loss, & Emotional Wellness Support

Compassionate, trauma-informed sessions that promote healing, understanding, and healthy emotional processing in the workplace.

Delivery: Virtual or in-person | 60–90 min

PROGRAM DELIVERY OPTIONS

Virtual Presentations

Engaging and interactive online sessions designed to fit busy schedules. Each presentation blends mindfulness, emotional intelligence, and creative wellness tools to promote focus, calm, and resilience — all from the comfort of your workspace. Perfect for multi-campus or remote teams.

In-Person Lunch & Learn Power Hour

A focused, energizing session that brings wellness directly to your staff during the workday. These one-hour experiences inspire reflection, connection, and practical stress-relief strategies — ideal for boosting morale and engagement.

In-Person Workshops

Hands-on, experiential wellness sessions tailored to your team's unique goals. Through sound therapy, creative expression, and emotional intelligence practices, participants gain lasting tools for balance, communication, and well-being.

Half-Day Workshop Day

A deeper dive into emotional intelligence, resilience, and creative wellness. This half-day retreat-style experience combines group learning, reflection, and interactive wellness activities that foster team connection and long-term growth.

Half-Day Wellness Reset

A restorative wellness immersion designed to renew energy and focus. This rejuvenating half-day session blends mindfulness, sound therapy, and creative exercises — helping staff unwind, recharge, and return to work refreshed and inspired.

KEY BENEFITS OF EMPLOYEE WELLNESS PROGRAMS

- **Reduced Stress & Burnout** – Equip staff with tools for emotional regulation, clarity, and calm under pressure.
- **Enhanced Emotional Intelligence** – Strengthen communication, empathy, and leadership across all levels of the organization.
- **Improved Focus & Productivity** – Mindfulness and sound wellness practices help employees stay energized and engaged.
- **Stronger Team Connection & Morale** – Foster collaboration, creativity, and a culture of shared well-being.
- **Increased Resilience & Work-Life Balance** – Support employees in navigating challenges with confidence while maintaining personal wellness.

WELLNESS PROGRAMS & INVESTMENT GUIDE

Virtual Presentations

Engaging 60-minute sessions for remote or hybrid teams.
\$300 per session

In-Person Lunch & Learn Power Hour

On-site 60-minute session during the workday — perfect for busy teams.
\$400 per session

In-Person Workshops

Immersive 90-minute wellness experiences focused on connection, creativity, and resilience.
\$600 per workshop

Half-Day Workshop Day

Three-hour deep-dive into emotional intelligence, resilience, and creative wellness practices.
\$1,200 per half-day

Half-Day Wellness Reset (Retreat Style)

A restorative half-day experience blending mindfulness, sound therapy, and creative practices.
\$1,500 per half-day

Wellness Series Package

Four-session customized program (virtual, in-person, or hybrid) built around your team's goals.
\$1,800 total

Quarterly Packages

Quarterly Wellness Reset

- 1 Half-Day Workshop or Half-Day Wellness Reset per quarter
- 1 Virtual Presentation per month
- Optional Creative Arts or Sound Wellness mini-sessions
- Monthly Wellness Newsletter
- Post-session wellness resources and tips for ongoing application
- Investment: \$2,500 per quarter

Quarterly Leadership & Team Resilience Program

- 4-Session Leadership Wellness Series across the quarter (virtual, in-person, or hybrid)
- Includes all core offerings: Emotional Intelligence, Resilience & Stress Management, Mindfulness & Sound, Creative Wellness
- 1 Leadership Retreat
- Monthly Leadership Resilience Newsletter
- Optional 1:1 coaching add-on for leaders
- Summary report on participation and outcomes for HR/administration
- Investment: \$4,500 per quarter

Discounts available for educational institutions, nonprofits, and multi-session or bundled programs.
Contact us for a customized proposal to fit your team's needs and budget.

SCHEDULE YOUR WELLNESS PROGRAM

Contact Happy Hope Wellness LLC
Jenna Annas

Email: hello@happyhopewellness.com

Phone: 210-687-9731

Website: www.happyhopewellness.com

Schedule a discovery call to design a customized wellness program for your team.