



Annual Wellbeing Toolkit

Practical, whole-person wellbeing content for small businesses

A ready-to-share rhythm of content and support to help employees grow, connect, and show up well at work.



Support & Content Included

Annual Plan

12-month calendar of expert-selected themes, observances, and space for your priorities

Timely Resources

New content developed monthly by wellbeing experts, aligned with the annual plan.

Monthly Checklist

Simple steps, copy, and graphics to help you promote wellbeing in 30 minutes or less.

Office Hours

Monthly group sessions with a wellbeing strategist for guidance, ideas, and support.

OPTION 1

Wellbeing Toolkit

\$199/mo

Billed Annually

Everything you need to offer a simple, consistent monthly wellbeing rhythm.

OPTION 2

Toolkit + Live Workshops

\$399/mo

Billed Annually

Everything in the toolkit, plus team access to live wellbeing workshops.

- ✓ Live sessions on timely topics
- ✓ Pre-scheduled at convenient times
- ✓ Live Q&A and practical takeaways
- ✓ Promo flyers + invites to drive attendance

Why Add Workshops?

Expert Support | On the Goga experts provide interactive support and insights in real-time

Best-In-Class Experiences | Participants rate On the Goga workshops 9.5/10 on average

Drive Behavior Change | 90% of surveyed participants report behavior change after just one session