

Turning Stress into Transformative Power

A proposal for holistic corporate health and
sustainable employee engagement.

From Stress Management to Human Transformation



The Vision

To build Sweden's strongest platform for holistic corporate health. We aim not just to prevent illness, but to actively create people who feel good, function sustainably, and develop from the inside out.

The Insight

Traditional wellness often treats only the symptoms. Real change occurs when we address the whole human being simultaneously.

The Offer at a Glance

-  **Intervention:** An experience-based workshop for immediate insight and tools.
-  **Sustainability:** A long-term program for continuous health.



Why 'Fruit Baskets' Are No Longer Enough

The Challenge

Modern wellness must go beyond 'fruit baskets' and 'step competitions.' These are surface-level fixes for deep-seated systemic issues.

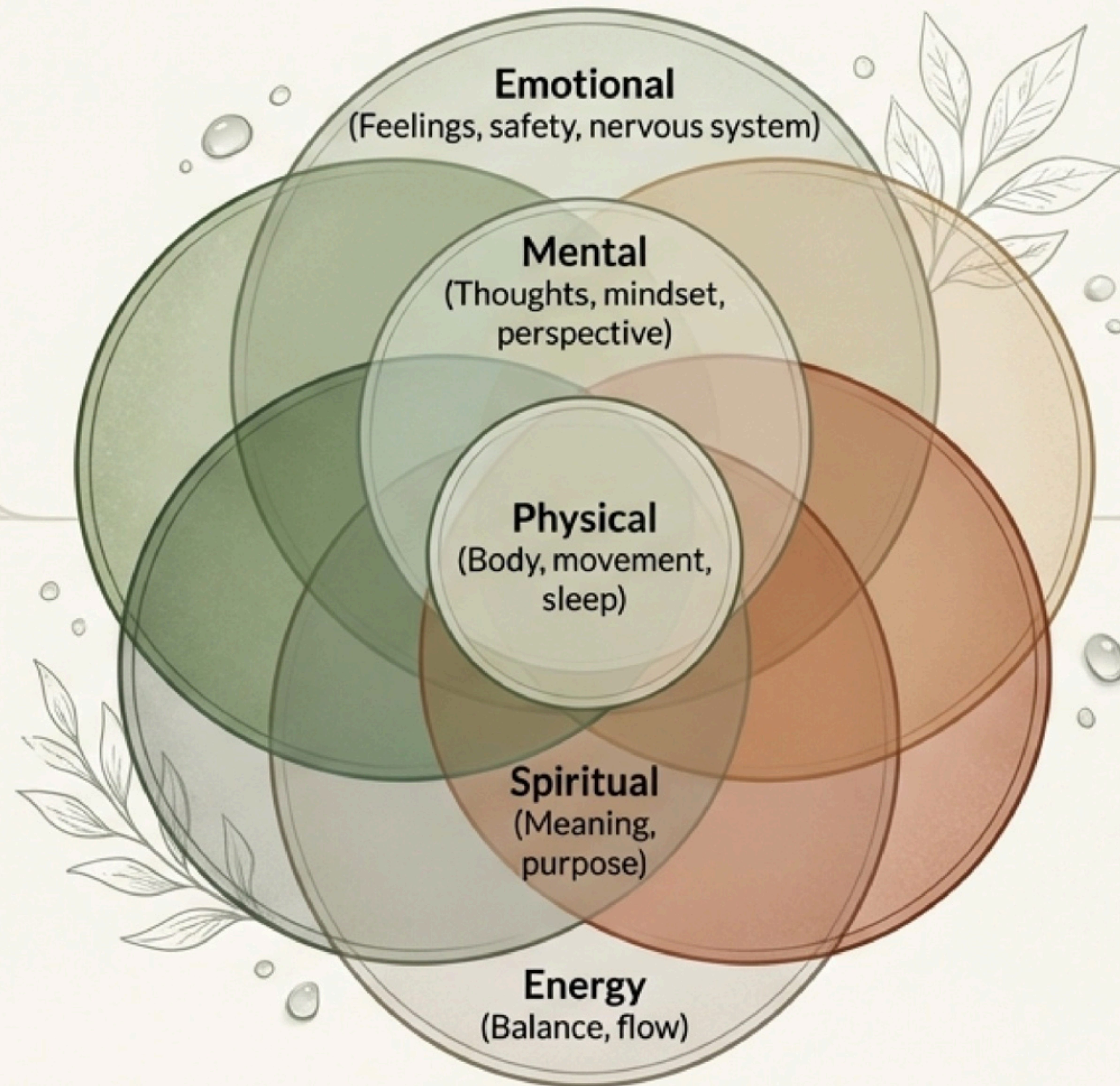
The Modern Approach

To address mental ill-health effectively, we must work with the whole human—body, mind, emotions, and energy.

Our Promise: To help create a workplace where employees don't just survive stress, but grow from it.

A Holistic View: The 5 Planes of the Human Experience

The body cannot distinguish between external threats and internal pressure.
Healing requires an approach that meets stress exactly where it arises.



The Catalyst:

“Turn Stress into Self-Insight”

● Format

Approx. 2 Hours | Interactive | Experience-Based

● The Approach

Not a traditional lecture, but a session designed to create understanding, recognition, and a shift in state.

● The Goal

To meet the problem of mental ill-health with a new approach that provides both immediate insight and concrete tools.



Workshop Agenda Part I: Awareness & Mindset



1. Personal Story & Recognition

Li shares her journey through burnout—normalizing the experience to create emotional safety.



2. Understanding Stress Deeply

How thoughts, feelings, and the nervous system interact. Why internal pressure is misinterpreted by the body as an external threat.



3. Mindset & Meaning

Shifting perspective from “Why is this happening to me?” to “How is this happening for me?” turning challenges into development.

Workshop Agenda Part II: Tools & Integration

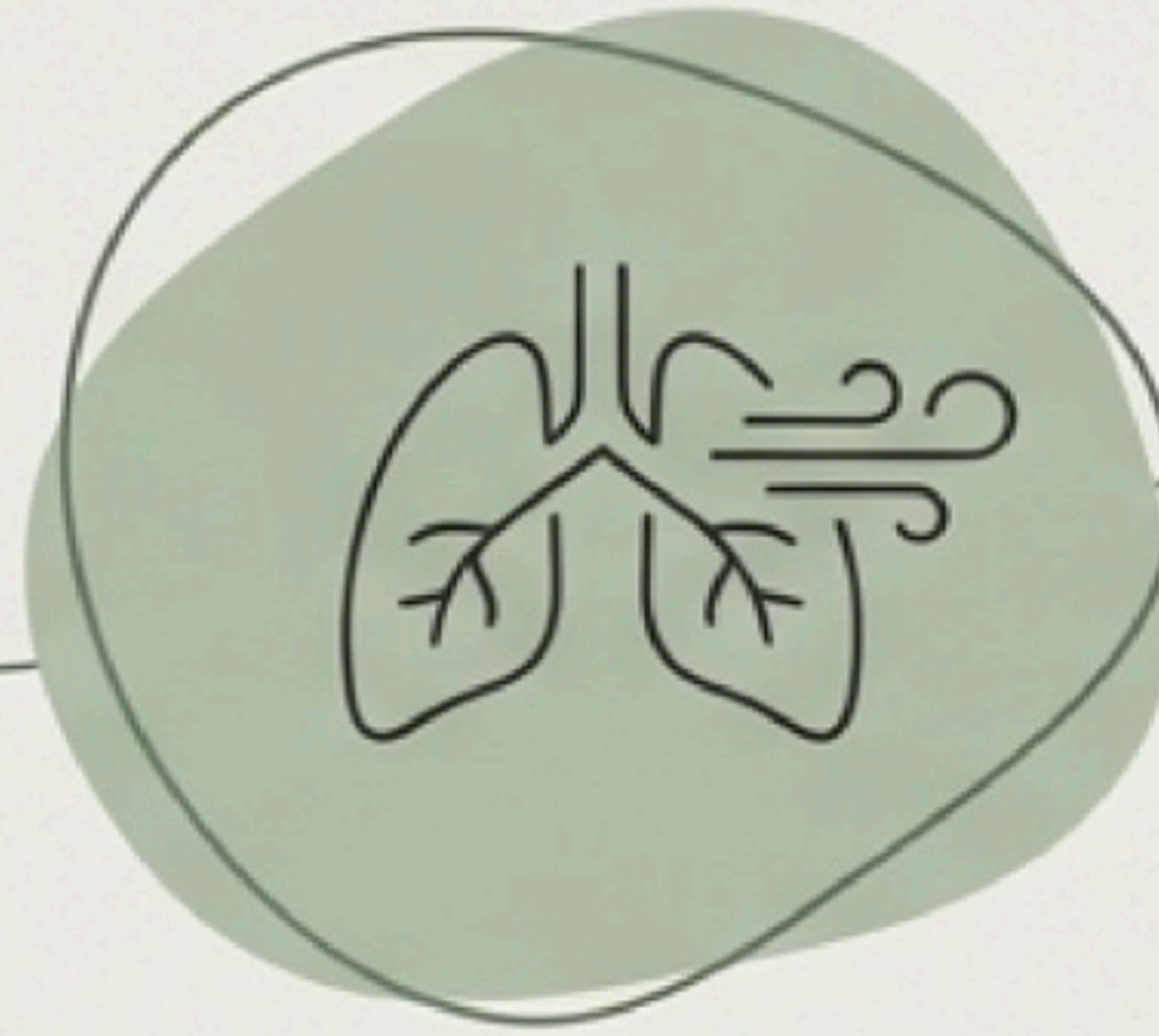


4.

The Body & Self-Care

Review of sleep, recovery, and nutrition.

Unique Element: Introduction to KLN Organic products, allowing participants to experience organic massage oil in a moment of safe touch.



5.

Nervous System Regulation

Simple, effective breathing exercises usable in the daily workday to lower stress and increase focus.



6.

Guided Meditation & Closure

Energy work and meditation to anchor the experience deeply, leaving participants with inner calm and clarity.

Your Guide Through the Process: **Li Eklundh**



Li Eklundh

Specialist in stress, burnout, and holistic health

Supporting individuals and organizations in personal and professional development through coaching, yoga, meditation, breathwork, and energy work.

“The Synergy: A unique combination of cognitive understanding and deep somatic work that creates a safe ‘container’ for change.”

The Result: From Chaos to Flow

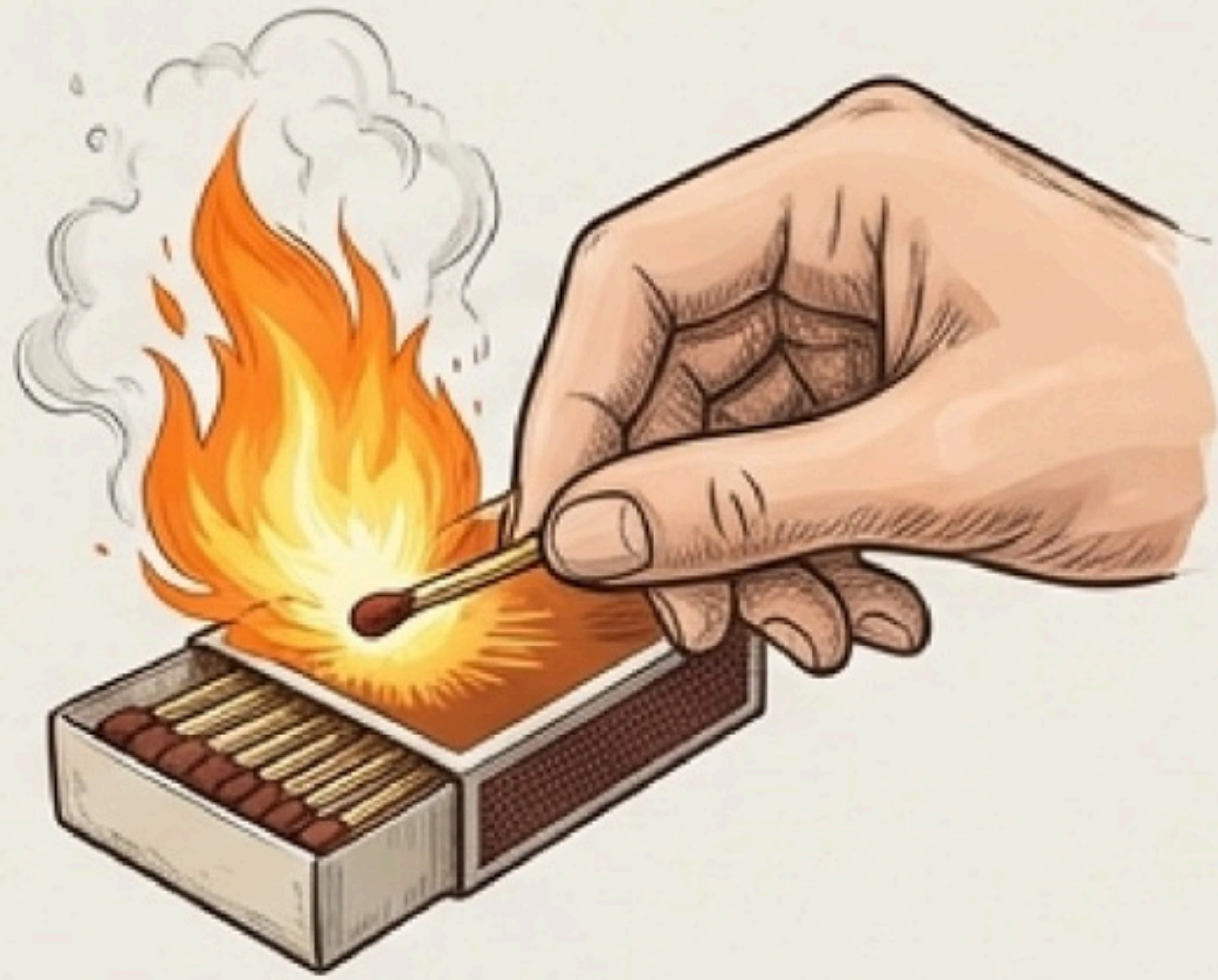


Participant Takeaways

- Reduced stress and increased presence.
- Concrete tools to handle daily life.
- Deeper self-insight regarding personal patterns.
- A clear "Before & After" feeling in both body and mind.

“We don’t just create knowledge, we create a felt change.”

From Inspiration to Sustainable Lifestyle



The Reality Check

A workshop is powerful ignition and a starting point, but it is not the whole journey. Sustainable health requires continuity.

Workshop



The Next Step

To move beyond temporary inspiration and create lasting change, we offer a long-term structure.

Program

Corporate Program: Stronger Holistic Health

Purpose: To create sustainable well-being over time as an integral part of corporate wellness.

1



Digital Platform & Community

Access to ongoing
support.

2



Practice

Yoga, breathwork,
and meditation.

3



Education

Lectures and materials
regarding stress,
recovery, and balance.

Structure

Minimum 3 months to
establish new habits,
followed by a rolling
monthly format.

Investment in Health

Option 1: The Workshop (2 Hours)

45,000 – 65,000 SEK
(excl. VAT)

Price varies depending on participant count and degree of customization.



Option 2: The Corporate Program (Ongoing)

Start Period (3 Months):

1,500 – 2,500 SEK / employee / month

Ongoing:

1,200 – 2,000 SEK / employee / month

An investment in personal health and reduced sick leave.



Next Steps

Let us book a meeting to tailor
the arrangement to your
specific needs.

Li Eklundh

Specialist in stress, burnout & holistic health

Email: info@lieklundh.com

Phone: 0704050962

