

# Sonia Funk R.N.T.

Corporate Wellness & Culture

Speaker

Coach & Trainer

*As a leader with heart, you want to care. As someone with your title and position, you are required to take care of the numbers. This training shows you how to do both at the same time.*

Sonia Funk is a Corporate Wellness Strategist, Speaker & Nutritional Therapist. She has traveled the world as both student and teacher.

Her super-powers include outrageous common sense and a willingness to ask the hard questions, which allow for easier answers. Sonia's insights cut through all the misinformation, fads and cliches around food, wellness and mental health. Her work is infused with empathy and humour. Giving her audience the courage to find a better question, she helps them understand the real reasons why they are struggling. With this awareness, and with the tools she provides, real change for wellbeing becomes possible.

In this eye-opening leadership training, Sonia takes her most effective insights on total wellbeing and humanity and distills them down into comprehensive knowledge and numbers. This evolutionary understanding of how biology, and the lives we live, impact your bottom line, will give you the balance you seek.



[thewholeavocado.com](http://thewholeavocado.com)

To discuss this training with Sonia, [click here to book a call.](#)

or contact her directly at:

1.204.295.3321 | [sonia@thewholeavocado.com](mailto:sonia@thewholeavocado.com)

# The Biology of Cost and ROI

## Executive Leadership Training

**Addressing the rising costs of benefits, stress leave, etc, in a way that creates a tangible ROI, has become essential for corporate survival.**

Sonia is highly skilled at shifting the fulcrum of these old, heavy problems, to a place of lighter effort. She believes that we have been asking the wrong questions, and therefore, it is simply better questions that will open the door to better answers.

In this session Sonia will take the humanity that you have chosen to value, turn it into biology and timelines, and then right back into numbers, explaining the impact on your bottom line. She will also outline the 3 key aspects of our health to educate on that are non-negotiable for a successful wellness strategy.

Throughout this day Sonia will use her unique tools and exercises, based in neuroscience and mindfulness, to ease your brain and body into a calm and empowered state. This is how she helps you access your own creativity on these matters - helping you, so that you can help them.

### Objectives

- 1 See your costs and ROI from a new, evolved perspective.
- 2 Employ new questions on old problems, for better answers.
- 3 Understand the accessible genius of integrating biology into the numbers, translating it into positive impact on your bottom line.

### Outcomes

- 1 New questions and perspectives that will give you an advantageous shift in strategy for company issues such as mental health, culture, benefit costs and stress leave.
- 2 An understanding of how to take our biological health and use it for strategic metrics.
- 3 A map of the timelines operating in your company, the costs associated with them, and a vision for what a compassionate (empathy in action) intervention could look like.
- 4 Numbers-based permission to care.