



# SAMORALIFE

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a lifestyle + wellness brand

# MEET SAMORA

Samora Suber is a certified Life Coach, Yoga Instructor, and Founder of SamoraLife.com, a lifestyle and wellness brand based in Los Angeles, CA.

Samora creates safe, genuine, and supportive spaces to help people navigate their personal journey of self-care with tools for wellness, professional development, and holistic living.

She has led meditation and yoga workshops for brands such as OWN: Oprah Winfrey Network, Athleta, Vaseline, #BlogHer, The Wing, The Riveter, and other organizations.



# WORK WELLNESS

Studies show that employees are more likely to perform well on their jobs when they are in optimal health. Benefits of implementing a wellness program include: improved disease management and prevention, increase in mental and emotional stability, and an overall healthier workforce, which contribute to lower health care costs and happier employees.

## OBJECTIVES

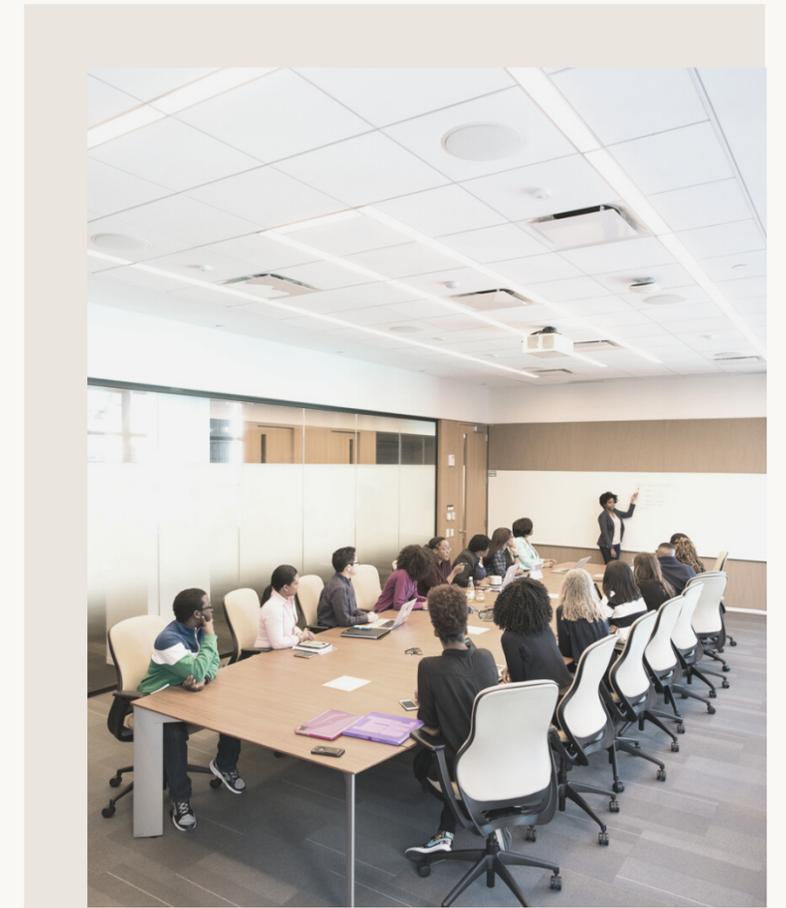
- Increase employee engagement levels
- Higher productivity rates
- Create a supportive and safe environment
- Improve self-esteem and self-worth
- Healthier relationships
- Reduce stress and anxiety
- Sustain high employee moral



# SERVICES

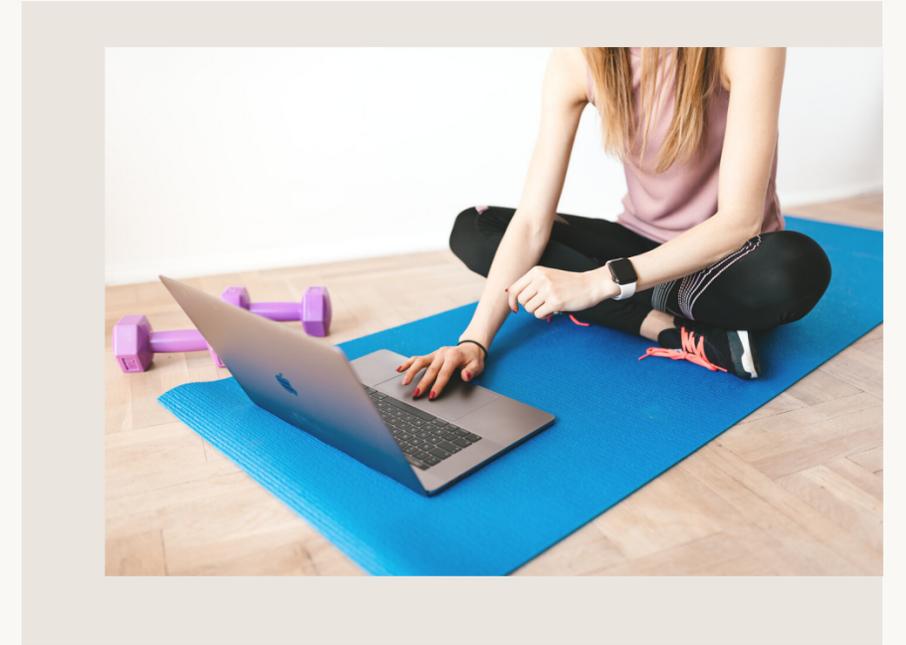
Our work wellness journey will start with an in depth conversation to focus on your corporate needs and expectations. I curate services based on your company culture, employee needs, and desired outcomes. The following (online) offers are also available:

- **Listening Sessions** are dedicated times to receive valuable feedback on what your employees would like to experience and achieve in their wellness programs. These "safe space" sessions give a tangible basis to implement effective services and to create a better experience based on mutual trust and transparency. As a result, employees will feel more receptive and more valued.
- **Systems for Your Soul: Creating a Self-Care Practice for You and Your Work**  
In this session, we lead each participant to create their own personal self-care practice to support their personal and professional lives. Your employees will identify what activities, environmental contributors, times of day, and experiences make them feel more grounded, motivated, and aligned throughout each week.



# SERVICES CONT'D

- **Yoga and Meditation Workshops** help participants feel more connected to their bodies with calm minds and increased energy. Yoga helps improve respiration, raise energy and vitality, maintain a balanced metabolism, help with weight reduction, improve cardio, and circulatory health.
- **Effective Communication from the Heart** highlights the importance of communicating feelings and emotions in the workplace. We will explore emotional awareness, self-management, social awareness, and relationship management while working in a diverse environment. Participants will become more knowledgeable about how to communicate respectfully while honoring their true emotions. This will inspire a more positive work/life balance and a trusting environment.
- **Group Therapeutic Coaching** will improve employees personal and professional relationships, careers, and day-to-day lives. Participants will clarify personal and professional goals, identify any obstacles holding them back, and map out strategies for overcoming each obstacle. In implementing these strategies, employees will utilize their identifiable skills and gifts while receiving the support and guidance needed to achieve long-lasting change.





# CONTACT

For more information or to discuss work wellness opportunities, contact Samora directly.

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