LIVE ONE-HOUR WORKSHOPS FOR YOUR TEAM

Steady Under Pressure

A practical workshop series that gives your employees skills to manage stress during their busiest seasons. Each one-hour session is led live on Zoom by a licensed therapist from Blossom Wellness Counseling. It is built for accounting firms in tax season, law firms in trial and filing periods, and any team in a crunch.

What your team will be able to do

- Notice their early warning signs before stress becomes overload
- Calm the body in minutes with skills they can use at their desks
- Step back from the thoughts that make a hard day feel worse
- Protect their energy through long weeks and whole seasons
- Leave each session with a written personal plan

Why it works

- Hands-on: about half of each hour is live practice
- Examples tailored to your team's work and busy season
- An educational class, not therapy, so no one is asked to share anything personal
- Any group size, cameras optional

How each hour runs

Every level follows the same simple flow, so it feels familiar. Each level teaches a new set of skills.

1	**Welcome**	Ground rules and a quick check-in in the chat
2	**Know your stress**	Understanding what stress is doing, for each person
3	**Reset the body**	Three desk-friendly calming skills, practiced live
4	**Untangle the thoughts**	Stepping back from the thinking that makes a hard day worse
5	**Protect your energy**	Small habits that keep people going through long weeks
6	**Make your plan**	Each person writes a short, practical plan
7	**Close**	Questions and where to find more support

THE SERIES

Three levels, one program

Each level builds on the one before it, and each one also works on its own. Book a single session, one level a year, or a series across your season. New employees can join at any level, because every session opens with a short refresher.

LEVEL 1

Stress and Resilience

Getting through a hard day

Best for: Any team new to the program, or a kickoff before a busy season

- Spot early warning signs of stress in the body and mind
- Three quick calming skills to use at the desk
- What I can control and what I can't
- Short breaks, clear limits, and a shutdown routine
- A personal plan for the next crunch

LEVEL 2

Deeper Skills

Sharpening what works

Best for: A mid-season check-in, or a team's second year

- Name top stress triggers, and tell when pressure helps and when it hurts
- Three new calming skills, including a two-minute body scan
- Worry time, and testing a fear with best, worst, and most likely outcomes
- What drains energy and what refuels it, plus a work-to-home ritual
- An upgraded plan built on what has worked so far

LEVEL 3

A Pace You Can Keep

Sustaining yourself across a season and a career

Best for: The end of a season, or a team's third year

- How stress shows up with coworkers, and the values worth protecting
- Three resets with movement, including a self-compassion pause
- Loosening perfectionism with a “good enough” standard
- Mapping the season with planned recovery and a support circle
- A long-range plan and one agreement to bring back to the team

Every session includes a fillable participant workbook for that level and a follow-up email with the workbook and information on getting more support.

The details

FORMAT	Live on Zoom, 60 minutes per session
LED BY	A licensed Blossom Wellness therapist
GROUP SIZE	Any size; cameras optional
MATERIALS	A fillable participant workbook for each level, plus a follow-up email
PRIVACY	No personal information is collected, and nothing about individual employees is reported back.
RECORDING	Your choice. If recorded, we tell the group at the start.

What we need from you

- [ ] A date and time that works around your busy season
- [ ] Your team's busiest periods and biggest pressures, so we can tailor the examples
- [ ] The calendar invite or Zoom link sent to attendees
- [ ] The workbook forwarded to attendees before each session
- [ ] Whether you plan to record
- [ ] Your Employee Assistance Program details, if you have one, so we can mention it

Pricing by group size

GROUP SIZE	PRICE PER SESSION
Up to 14 people	**$290**
15 to 29 people	**$450**
30 to 49 people	**$650**
50 to 99 people	**$850**
100 or more	**Custom quote**

Book a single session, one level a year, or a series. Series discount: 10% off each session for two sessions, 15% off each session for three.

Ready to book?

We will schedule around your busy season.

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Steady Under Pressure is an educational class, not therapy. Blossom Wellness Counseling is a virtual therapy practice serving California.