



CORPORATE TRANSFORMATION PROGRAMS

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EXPERE

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AROUND THE WORLD,

people are burning out, and the unchecked stress is contributing to a national mental health epidemic which costs the country more than \$200B annually.

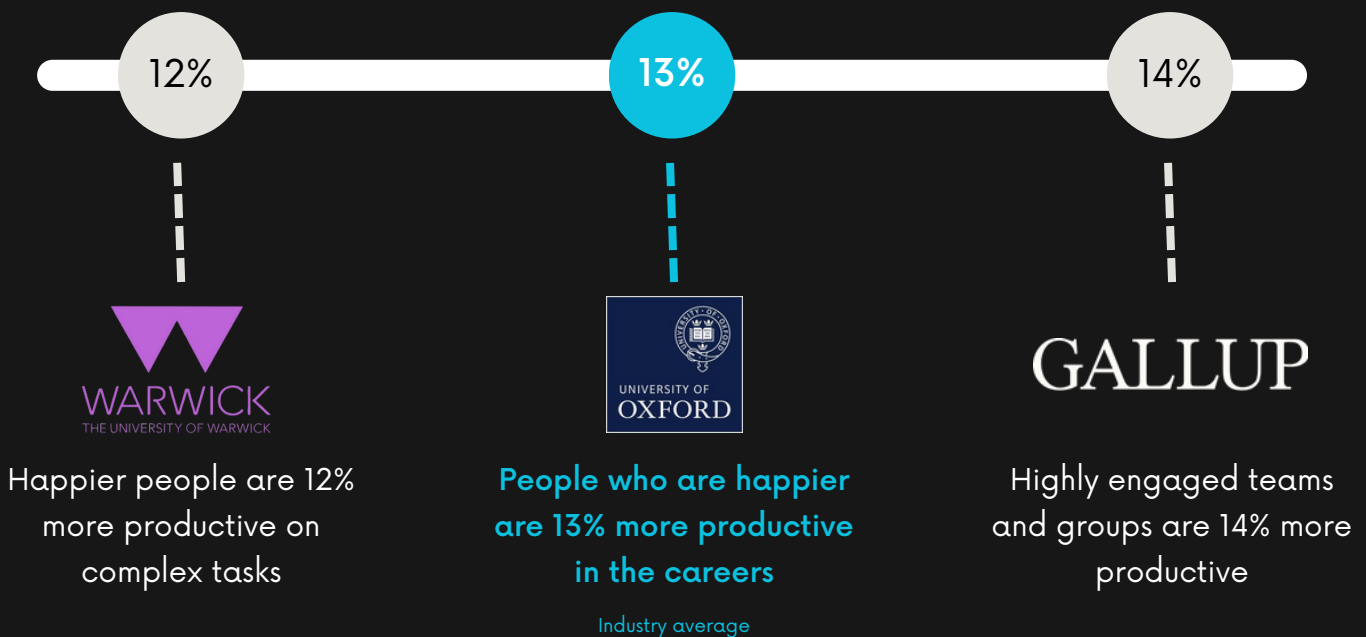
For example, a quarter of all Canadians reported symptoms of mental health disorder in 2021, five million reported needing help for their mental health, and more than a third (35%) say they are burned out.

BCG. "Workplace Burnout Is Costing Canadian Companies Billions." Boston Consulting Group, 11 July 2023, <https://www.bcg.com/publications/2023/workplace-burnout-costing-canadian-companies-billions>. Accessed 11 Aug. 2024.

CULTURES BURDENED BY BURNOUT CANNOT INNOVATE OR EVOLVE.

Teams and leaders are struggling to break free from limiting thought patterns and outdated practices, resulting in stagnation, burnout, and missed opportunities for growth and innovation.

Yet, investments in employee mental health and development yield massive financial returns for both business and the overall economy.



1. Subjects were made happier and then tested on same task; 2. Workers self-reported happiness and their happiness was tracked; 3. Gallup meta-analysis which included 100k+ business units and 2.7M workers in 54 industries.

61% OF PEOPLE DON'T KNOW HOW TO HANDLE STRESS

and 65% lack access to programs to prevent burnout.

Few would argue that the ability to spring back from adversity is helpful, but this trait is viewed as innate when, in fact, it's a learned quality.



SO HOW WE
CAN HELP 

EMPOWERING ORGANIZATIONS BY REWIRING MINDS AND INSPIRING A CULTURE OF CONTINUED GROWTH.



Employee health and mental development directly impact productivity, foster a positive company culture, and reduce turnover. By investing in their wellbeing, companies boost engagement, motivation, and efficiency, leading to higher job satisfaction and a more stable, thriving workplace. Expere's holistic approach empowers organizations to build a resilient and high-performing workforce.

OUR STORY



Expere launched in 2023 with the mission of supporting individuals on their personal transformational journeys. However, our journey started long before.

Graeme's first explorations into mind and consciousness began at an early age when he discovered meditation during his teenage years. He expanded upon these teachings in university while studying Philosophy and Theology at Queen's University, Canada, from which he graduated in 2011.

After a life-altering journey battling cancer, Graeme embarked on a path of self-healing and rediscovered the profound connection between stress, resilience and personal development. The content, programs, and training taught at Expere include the practices Graeme used to facilitate his own healing and transformative growth.

Now, as Expere's lead instructor, Graeme offers a unique perspective that combines the scientific with the experiential to guide people in deeply connecting with themselves and unlock their highest potential.

CORE TRAINING

INTENTIONS

CLARITY ON GOALS

Fundamental to personal development is preparing the mind through clear intentions. These intentions are deeply rooted in our motivations and aspirations, serving as the driving force behind our engagement with the practices.

CONDITIONING

BODY AWARENESS

Our body and nervous system are hardwired to automatically respond to various stimuli. We can learn how to consciously influence and modify these responses, enabling greater control over our physical and emotional reactions.

EXPANSION

ELEVATED STATES

Through meditation, breathwork, and conscious movement training, we can access deeply insightful experiences that have a profound impact on our health, healing, and transformative processes.

INTEGRATION

DAILY APPLICATION

After doing the work, overcoming negative conditioning, and experiencing new possibilities, it's essential to integrate these learnings, practices, and beliefs into our day-to-day lives to create lasting change.

WHO DO WE HELP?

INDIVIDUALS

We support individuals and employees seeking to enhance their mental health, resilience, and performance. Our programs are designed to help you manage stress, achieve work-life balance, and unlock your full potential both personally and professionally.

TEAMS

We empower teams organizations to cultivate a culture of collaboration, engagement, and sustained high performance. Our corporate programs focus on reducing burnout, improving team bonding, and fostering an innovative, productive work environment.

SERVICE OVERVIEW



We train in how to integrate mind-body awareness practices into daily routines, contributing to healthier, more focused, and happier individuals.

Each service is structured to be interactive, so that every participant can engage actively and derive maximum benefit.

01



WORKSHOPS

In-person two-hour workshops train individuals and groups in mind-body awareness, meditation and breathwork. We look at the science behind the practices, and how we can integrate the exercises into daily routines for a more productive and purposeful life.

02



PROGRAMS

Our structured transformation programs offer an immersive hands-on experience, both in-person and online, providing comprehensive training in personal development, stress management, inspiration, and mind-body awareness.

03



RETREATS

We offer multi-day retreats in Canada and Switzerland, providing an ideal setting for immersive learning and teaming building experiences.

YOUR OUTCOME

Enhanced Innovation and Creativity:

By rewiring thought patterns and fostering a growth mindset, teams unlock new levels of creativity and innovation, driving the organization toward cutting-edge solutions and breakthroughs.

Increased Resilience and Stress Management:

Employees gain powerful tools to manage stress, increase emotional resilience, and maintain high levels of performance, even in challenging environments, leading to a more stable and productive workforce.

Elevated Employee Engagement and Well-being:

Through mind-body awareness practices, employees experience greater overall well-being, leading to heightened engagement, reduced turnover, and a thriving, cohesive workplace culture.



Expere's training fosters happier, healthier and more aware people. The knowledge and tools taught at Expere are designed to be integrated into employee's everyday work flow.

DON'T JUST TAKE OUR WORD

Let's hear from those who have tried and benefited from our workshops, programs and retreats.

AMIN



CEO, Atlas Advisors

"I really loved the idea of what the retreat was all about. I've been really blown away by the realizations that I've had, and doing exercises that tied together in such an effective way to help me find clarity in my career. It's given me a sense of purpose, and the direction I am going to move my business in - starting immediately."

BAHRAM



Services Marketing, IOID

"One of the big experiences I had was in one of these breathing practices, and this was the most powerful thing I've ever felt in my entire life. This is when I felt like I was coming home to myself, and all of a sudden I broke into tears. Something inside of me said 'Where have you been all of these years!'"

DARIO



Owner, Darren Feels

"Really Expere is a safe space. You can open up and the program is well curated. This was a first time for me learning about meditation and breathwork, and I felt guided in a very nice way. I dived deep into myself, which was very interesting because now I am much more clearer on how to manage my own stress."



DIANA

Switzerland National Volleyball Team & Co-Founder at WolfPak

"Expere is a space to explore and be open. The courses provided a lot of new information about how my mind and body work, as well as a lot of practical exercises like breathwork, mindfulness and meditation. The program helped me come back into my body."

Watch our full testimonial videos on our website at <https://expere.co>

PRICING

Two Hour Workshop



Per Employee

\$125

Group Rate (10+)

\$1,250

Multiple Sessions

[Talk to us about custom rates](#)

What's included:

- Two hour in-person workshop session
- Explanation of the science behind the practices
- Breathwork and meditation exercises
- Printed or E-book of content discussed in workshop

1:1 and Group Programs

Per Employee

\$1,500

Group Rate (>10)

\$15,000

Group Rate (10+)

[Talk to us about custom rates](#)

What's included:

- Eight in-person or online workshop sessions
- Personal and team development plans
- Hands-on coaching and support
- E-book of content discussed in program
- Professional videos and audio recordings to continue exercises at home



PRICING

Two - Four Night Retreats



Two Nights	\$19,500
Three Nights	\$24,000
Four Nights	\$29,500



What's included:

- Accommodations (20 people maximum)
- 3 meals a day, tea, coffee and snacks
- Daily yoga
- Nature hikes
- Daily workshops and exercises

*Flights and travel costs not included

*Shuttles to and from airport to retreat center available for an additional charge



THE TEAM.

Organization and
Management



Graeme Raymond

Workshop Instructor



Elis Janzer

Yoga Instructor



Katrine Breidahl

Psychotherapy & Emotional Support



Mick Cesale

Kurhaus Retreat Center

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