



**Institutional Integrative Health Partnership**  
**New Assembly Plan**  
 Commencing January 2023

Mindfulness & Health Coaching for your entire organization via live monthly webinars covering a variety of health and wellness topics. Give your team the knowledge and tools they need to live healthier, happier lives. We will discuss a wide-range of health-related topics, from stress and burnout management, to sleep and exercise, to focus and productivity. Comprehensive health requires an integrative approach and tools that are easy to apply and maintain. That is what we deliver.

The new Assembly Plan is a lower-cost variation of our Executive partnership. All the information, coaching, and resources are exactly the same! The only difference is that the coaching sessions will include multiple organizations within the same webinar... that's it!

<b>RESOURCE</b>	<b>ASSEMBLY</b>	<b>EXCLUSIVE</b>
Monthly Coaching Webinar	✓	✓
Webinar Recordings	✓	✓
Weekly Text Messages	✓	✓
Meditation Recordings	✓	✓
Printable Coaching Summary	✓	✓
Exclusive Day/Time Choice	✗	✓
Online Yoga & Workouts	<i>Coming Soon</i>	<i>Coming Soon</i>
Monthly Cost	<b>\$500</b> <i>Early Registration Rate</i>	\$2,100 Average

# EARLY REGISTRATION

## REBEL ASSEMBLY PARTNERSHIP

### 2023



ORGANIZATION NAME: \_\_\_\_\_

CONTACT PERSON: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

EMAIL WHERE WEBINAR LINKS SHOULD BE SENT FOR DISTRIBUTION TO PARTICIPANTS:

\_\_\_\_\_

HOME OFFICE LOCATION: \_\_\_\_\_

TOTAL NUMBER OF EMPLOYEES: \_\_\_\_\_

*\*Additional charge of \$1 per employee above 35 for the weekly text message service*

INDUSTRY: \_\_\_\_\_

### BILLING INFORMATION

EMAIL WHERE INVOICE SHOULD BE SENT: \_\_\_\_\_

**TOTAL MONTHLY RATE:** \$ \_\_\_\_\_

\$500 (registration before December 20, 2022) + \$1/employee in excess of 35.

(ex, if you have 45 employees, your total monthly rate would be \$510)

There is no long-term commitment and you may cancel at anytime if you no longer believe the service is of value. However, we obviously encourage you to sign up with a long-term mindset; changing our lives and developing healthy habits takes time. Upon signing this form, you are only committing to participation in January of 2023.

Signature \_\_\_\_\_ Name \_\_\_\_\_

Date: \_\_\_\_\_

Submit to [admin@rebelmindfulness.com](mailto:admin@rebelmindfulness.com)

# TENTATIVE COACHING SCHEDULE

## Q1 & Q2

JAN	Intro to the Practice of Mindfulness & Meditation
FEB	Effective Anxiety & Stress Management
MAR	Sleep: Strategies to Improve Quality and Duration
APR	Habits: Building New Ones & Dropping the Negative
MAY	Perspective: Change it All Without Changing a Thing
JUN	Role Stress: Transitioning Better Between Our Roles

*Jul-Dec will be determined based upon a feedback survey that will be sent out to all participants in June.*

*Specific dates and times for the live coaching sessions will be announced quarterly and recordings will be provided within 24-hours.*

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All coaching will be provided by Lucas G. Irwin. Lucas is a fully-certified Mindfulness-Based Stress Reduction Coach (Brown University) with over 20 years in the health and fitness industry. Additionally, Lucas is a Certified Performance Enhancement Specialist (PES), Corrective Exercise Specialist (CES), attained an MBA from the University of Miami, and has passed the NASAA Uniform Investment Advisor Law Examination (Series 65).

Lucas has been trusted by some of the World's most recognize organizations, including AARP, Christian Dior and Google.