

MARCELA VARIANI CONSULTANCY

# Corporate Wellness Workshops

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*Transformative experiences for high-performing teams*

Available in English · Portuguese · Spanish · Italian

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

ABOUT THE FACILITATOR

# Marcela Variani

*Corporate Coach · Facilitator · Wellness Consultant*

With over a decade of international experience, Marcela designs and facilitates transformative workshops that bridge the body, mind, and workplace culture.

Drawing from Therapeutic Theater, Somatic Practices, Family Constellations, Improv Theater, and Mindfulness, she brings a uniquely human approach to corporate wellness and leadership development.

## A Truly Global Practice

 **Europe**

Barcelona · Amsterdam · Rome

 **Middle East**

Dubai · Abu Dhabi

 **Latin America**

Brazil · Global



# Improv Theater & Creativity for Teams

*Unlocking Creativity, Confidence & Human Connection*



## About

An interactive workshop using improvisation, movement, storytelling, and experiential exercises to help teams strengthen creativity, adaptability, confidence, and authentic communication.

Participants learn to think creatively under pressure, embrace spontaneity, collaborate more effectively, and build stronger interpersonal trust.

## Key Outcomes

- Boost creativity and innovation
- Encourage authentic expression
- Improve team connection and trust
- Strengthen communication skills
- Develop adaptability and confidence
- Enhance emotional intelligence

### FORMAT OPTIONS

- 60-minute workshop
- 2-hour immersive experience
- Half-day corporate session

### CORPORATE RATE (UAE)

**AED 2,500 / hour**

**AED 5,000 / 2-hour workshop**

*Customization, travel, or large groups quoted separately*

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# Mindfulness, Leadership & Burnout Prevention

*Sustainable Leadership  
from the Inside Out*



## About This Workshop

A practical and immersive workshop designed to support professionals and leaders in managing stress, preventing burnout, improving emotional regulation, and cultivating sustainable high performance through mindfulness-based practices.

Combines mindfulness, nervous system regulation, breathwork, embodiment practices, and emotional resilience tools adapted for the corporate environment.

## Key Outcomes

- Reduce stress and mental fatigue
- Increase resilience and productivity
- Improve focus and emotional regulation
- Strengthen leadership presence
- Prevent burnout and overwhelm
- Support workplace wellbeing culture

FORMAT: 60-min · 90-min · Half-day · Wellness series

**AED 3,000/hr · AED 6,000 for 2-hour workshop**

**CORPORATE RATE (UAE)**

*Customization quoted separately*



*Building Stronger Human Connection at Work*

## About

A dynamic workshop focused on improving communication, active listening, emotional awareness, and healthy collaboration within teams.

Through experiential exercises, guided interaction, and communication frameworks, participants create more psychologically safe, connected, and effective workplace environments.

## Key Outcomes

- Improve team communication
- Strengthen collaboration and trust
- Develop active listening skills
- Reduce misunderstandings and conflict
- Increase emotional intelligence
- Foster healthier workplace dynamics

## Details

### Format Options

- 60-minute workshop
- 2-hour team experience
- Half-day communication intensive

### CORPORATE RATE (UAE)

**AED 2,500–3,000 / hour**

**AED 5,000–6,000 / 2-hour workshop**

*Customization, travel & large groups quoted separately*



# Let's Work Together

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*All workshops are fully customizable to your team's needs and goals.*

**Languages**

**EN · PT · ES · IT**

**Long-term Programs**

**Custom quotes available**

**Global Reach**

**UAE, Europe & LatAm**