

Lift Off Special Programming, Inc.

Corporate Leadership Wellness Services

Presented by Fabienne Beard-Wright, CEO



Lift Off Special Programming, Inc.

Mission & Vision

- Lift Off Special Programming, Inc. is a Social Impact Agency that transforms the way people connect and work together by way of movement. Through our cultural based programs participants gain enhanced self-awareness, empathy, and come to feel more at home in their own bodies. We focus on moving through life with purpose and intention to directly improve mental, physical, and emotional health.
- Lift Off Special Programming, Inc. corporate programing specifically helps you to better understand the needs and motivations of your teammates — that result in greater team trust, increasing performance, and less stress.



Why Cultural Based Movement is Your Solution



Disrupting the out-dated leadership development industry

less than 10% of employee development solutions actually work and so much of training investments are being wasted. On average Lift Off's clients see a 43% increase in trust, a 34% in accountability, and a 33% in their bottomline results.



Focus on creating a more inclusive and diverse culture

Lift Off's unique cultural based movement transforms the way your teams work together. Teammates are better able to recognize their emotional needs and have more productive conversations rooted in respect. It's a game changer that solidifies team culture & increases performance as a result. Programs compliment diversity, equity and inclusion trainings.



Tools to support returning to in-person operations

Lift Off's programs can be utilized to incentivize employees. In addition to our virtual programs, we host in-person dance cardio parties. A great means to solidify team culture, revitalize and energize, while celebrating the return to in-person operations. (additional incentives include 1to1 personal training, family programming, and assisted stretch sessions)



Why Cultural Based Movement matters for the vitality of your company

- Innovation is a top factor for growth at your company
- Remote workers find it most challenging to feel apart of the company. They need the most support when it comes to team building and culture.
- Sales representatives face immense pressure to meet revenue goals and win new clients. Stress and burnout results in a decline in performance and results
- Prioritizing the social and emotional wellbeing of your team is of utmost importance.



Here's how Lift Off can help:

List of Services

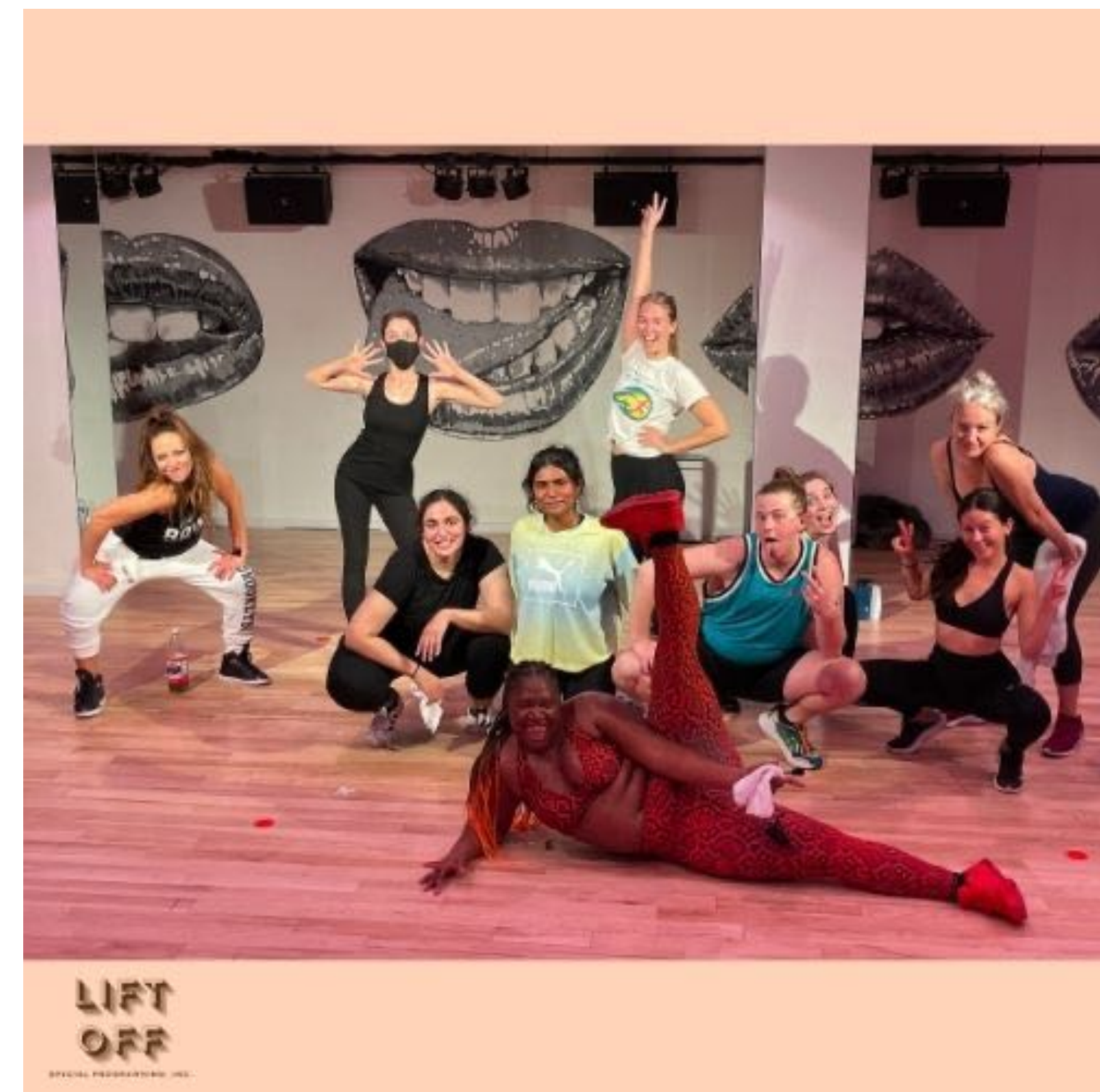


In-Person Presentations

45min- 90min

PRICE: \$1,500 - \$3,000

- **Team Building:** 3part workshop
 - PART 1: Introductions from company instructors (NASM/ AFAA certified movement specialists)
 - PART 2: Break out group discussions with focus topics of:
 - How emotions are processed in the body,
 - The power of connecting to your breath and strategic breathing,
 - A personal form of movement that holds the sense of peace and safety,
 - Affirming movement for purpose and belonging
 - PART 3: Company lead movement exercise

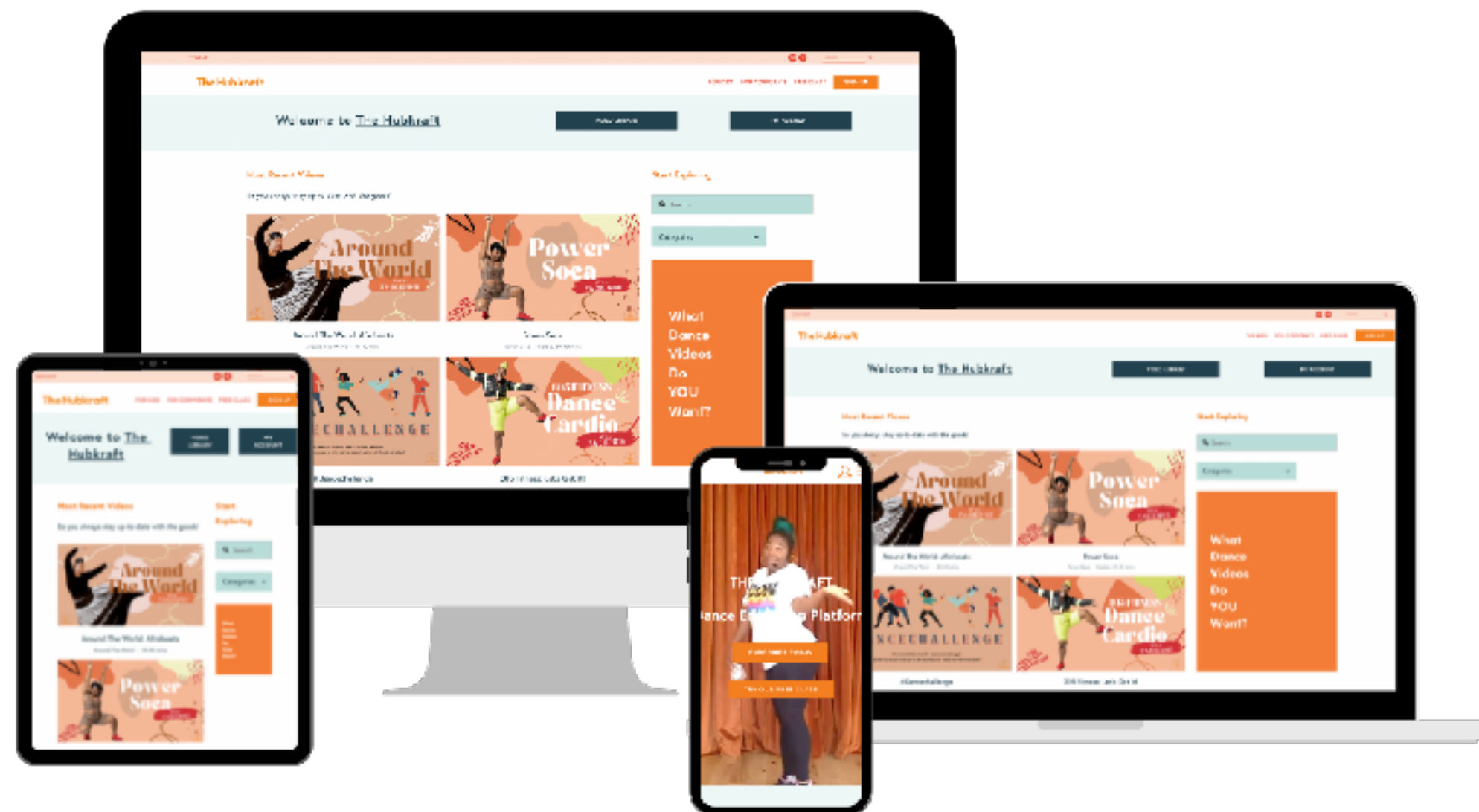


Virtual Programming

www.TheHubkraft.com

PRICE: \$30,000/ Quarterly, \$110,000/ Anually

- Membership subscription access to:
 - On-demand Fitness & Dance Cardio classes
 - Live-stream 1to1 Personal Training (2X a month per client)
- Each of your teammates will be provided with their own login account
- On-demand library houses 300+ classes, ranging from 15 to 45 minutes a class.
- Family membership options available, including kids and adult classes



Healing through connecting with cultural movement



The Hubkraft



Making A Lasting Impact

Supporting families in our most vulnerable communities



FREE SERVICES FOR KIDS

The Kids Hubkraft

Did you know: Since the inception of the pandemic the suicidal rate amongst black and brown girls has increased by over 200%, the percentage of students subjected to abuse within their homes increased by 40%. Members of our most vulnerable communities need access to Lift Off's services, and you can help.

By becoming a client, your service package will directly sponsor our Resilience Movement Program: a mirrored vision of The Hubkraft that is accessible to kids and young adults through our partnering schools and local organizations. Sponsor a school this year by purchasing a bespoke corporate package!



Results Driven Services

What our clients have to say



Testimonials

- "Since working with Lift Off, our teams are better able to recognize their emotional needs and have more productive conversations rooted in respect. This has been a game changer for our organization and we are seeing team culture & performance increase as a result." -Director of non-profit in Bronx, NY
- "Best dance and cardio fitness I've ever taken! Fabienne is a truly gifted professional who is able to customize her classes for children and adults according to their needs. But mostly....I actually have FUN and it doesn't feel like "work"! I HIGHLY recommend Fabienne!" -Executive Leadership Coach
- "This is the energy you need at home during a pandemic! The class was so much fun and a great sweat. I love the instructors' energy and encouraging guidance. Just what my team needed. I will definitely be back in the zoom room for more!" -Founder & CEO of Brand Consultancy



Meet Fabienne

Founder & Managing Director



Meet Fabienne Beard-Wright:

An esteemed cultural movement specialist and the driving force behind Liff Off Special Programming, Inc. With a deep-rooted passion for dance and education, Fabienne has committed her life to empowering others through the arts, providing valuable resources, and fostering creative growth.

From a devastating diagnosis to a life-transforming discovery, Fabienne found out how joy and intuitive movement could help her overcome her challenges and reignite her passion for dance. She experienced firsthand the profound impact of incorporating joyful physical activity into nurturing mental health and emotional balance. Drawing from her own journey, Fabienne has become a thought leader within the dance education and mental health spaces, teaching individuals how to unlock the transformative power of movement.

Fabienne's expertise extends beyond the physical realm, as she guides children and adults in understanding how to personalize different forms of movement to process emotions constructively. She believes that movement can be a powerful tool for self-expression and healing, and she helps people appreciate the value of setting achievable objectives to develop sustainable behavioral changes.

Throughout her career, Fabienne has witnessed the transformative influence of cultural movement on self-assuredness and artistic self-expression. By creating a safe and inclusive space, she encourages individuals to conquer fears of judgment and embrace self-expressive movement with confidence. Her commitment to promoting the positive impact of movement on mental health has positioned her as a respected advocate and educator in her field.



CONTACT US TO GET STARTED!

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