



# Lunch & Learns

The Rise Journey

Join The Rise Journey for engaging 60-minute Lunch & Learn sessions for teams of all sizes and levels, led by subject matter experts in a wide range of topics including DEI, Burnout, Mental Health & more.

## Lunch & Learns

60 minute sessions

1-5 Sessions . . . . \$2300 each

6+ Sessions . . . . \$1900 each

Includes:

- Meet & Greet with the speaker
- Learning Assessment
- Lesson Plan
- Complimentary Recording

## Facilitated Conversations\*

60 minute sessions

1-5 Sessions . . . . \$1100 each

6+ Sessions . . . . \$900 each

Includes:

- In-depth Q&A time
- Wide range of niche topics

\*Facilitated Conversations can be paired with Lunch & Learns or standalone

Learn more about [Lunch & Learns](#) and [Facilitated Conversations](#)

# Poetry Events

Discover and celebrate communities, local artists, and cultural heritage with 60-minute Spoken Word Poetry Events for all teams that feature diverse voices and perspectives.

## Poetry Performances

1-5 sessions . . . . . \$2300 each

6+ sessions . . . . . \$1900 each

Choose from one of our existing themed Poetry Events or completely customize your very own!

Learn more about our Poetry Events for:

- [Asian American & Pacific Islander Heritage Month \(AANHPI\)](#)
- [BIPOC Mental Health Awareness Month](#)
- [Black History Month](#)
- [Custom Spoken Word Poetry Events](#)
- [Hispanic & Latine/x Heritage Month](#)
- [Pride Month](#)
- [Women's History Month](#)

Learn more about The Rise Journey's Poetry events at [www.therisejourney.com/poetry](http://www.therisejourney.com/poetry)

# Guided Meditation

Explore various forms of meditation and learn ways to integrate simple practices into your life, both in and outside of work. Discover easy and simple ways to practice meditation basics, mindfulness, simple breathwork, and movement through guided meditation led by Sarah-Valin Bloom, LCSW.

## Guided Meditation Pricing

We offer meditation sessions in 30 minute or 60 minute options.

### 30 minute session

\$900 per 30 minute session

When booking 4+ sessions:

\$800 per 30 minute session

### 60 minute session

\$1250 per 60 minute session

When booking 4+ sessions:

\$1000 per 60 minute session

Learn more about The Rise Journey's meditation services at [www.therisejourney.com/meditation](http://www.therisejourney.com/meditation)

# FAQS

The Rise Journey

## **30 Minute Meet & Greet with the speaker**

Meet the Lunch & Learn speaker and personalize the session, ensuring it meets your organization's goals.

## **Lunch & Learn Assessment**

After the session, we run a feedback survey to gain insights on learning. We turn that data into an anonymized learning assessment to use as tool for your organization and C-suite members to understand ROI. We want to back up your learning decisions with data.

## **Lesson Plan**

We provide a comprehensive 3-5 page review of the session with additional resources and discussion questions, allowing your employees to continue the learning journey on their own or with internal DEI programming.

## **Host a Facilitated Conversation for further learning and comprehension**

Host a Facilitated Conversation where our speaker will come back and lead a discussion based on the topic of the previous Lunch & Learn and further solidify learnings.

## **Rise Team support from start to finish**

Looking for backup? A Rise team member will join you at your Meet & Greet, Lunch & Learn session, and will follow up with supporting materials such as the Assessment and Lesson Plan.

Learn more at [bit.ly/riseeduexp](https://bit.ly/riseeduexp)