



BETTER HUMANS

"NEXT-LEVEL" CORPORATE WELLNESS

GLOBAL PROGRAMS IGNITING HUMAN POTENTIAL THROUGH INTEGRAL
WELL-BEING, STRESS & LIFESTYLE MANAGEMENT.



MINDFULNESS
STRESS MANAGEMENT
WELLNESS EDUCATION
NATURAL REMEDIES
HUMAN DEVELOPMENT
HEALTHY COMMUNITIES

1-800-775-0974 | PROGRAMS@BETTERHUMANS.NET | BETTERHUMANS.NET



18 COUNTRIES
 20+ YRS EXPERIENCE
 NEXT-LEVEL MENTAL HEALTH

SUSTAINABLE LIFESTYLE MANAGEMENT IS OUR STRENGTH!



Our unique approach to human excellence, productivity and well-being, is not only AWESOME, INNOVATIVE and EFFICIENT; it has helped our clients maximize their Human Capital's ROI, avoid mistakes + burnouts and generate millions in revenue.

We use principles, tools, techniques and technologies that extend FAR BEYOND the overrated topics of health awareness seminars, boring calorie counting, short-lived fitness challenges, isolated exercise monitoring and outdated teambuilding events. We ignite the vibrational greatness that heals, motivates and innovates!



We build happy, healthy & productive corporate communities

PURPOSE

To educate, inspire and empower human capital.

To ignite conscious responsibility and sustainable integral well-being in workplaces, households and communities by delivering FUN and practical educational workshops and health assessments.

BENEFITS

IMPROVE: INTEGRAL and MENTAL HEALTH, SELF-ESTEEM, TRUST, RETENTION RATIOS, PRODUCTIVITY, PROFIT MARGINS, MORALE, LOYALTY, MOTIVATION & HAPPINESS

METHODS

CUSTOMIZED SESSIONS / QUATERLY

Video Trainings + Online Course Portal

In-Person and Virtual

Games, Team-building assignments, forums and enriching discussions. **Classes:** Stress Management, Yoga, Meditation, Breath-work, Sound Baths, Mindfulness, Nutrition, Herbalism, Natural Medicine, Biohacking and longevity.

Retreats in

USA, Mexico, Dominican Republic, Thailand &+...

Self-paced curriculum

Weekly / Monthly experiential exercises and tracking sheets

1:1 Executive Coaching

Wellness, Stress, Sleep, Pain

Lifestyle Management & Enhanced Performance



Is your workforce
mentally and physically
ready to listen, think
and perform?

OUR WORKSHOPS:

Are infused with laughter
and packed with fun and
practical knowledge that is
corporate-relevant

TECHNOLOGIES:

We bring a wealth of resources and
wellness industry-leaders to support the
initiatives.



WHO SHOULD ATTEND?

All individuals in any sector, with potential
stress and/or responsibilities. From ground
operation to C-Level Executives
Minimum 8 ppl /or Teams
Our platforms can handle 1000's at a time

THE BETTER HUMANS DIFFERENCE

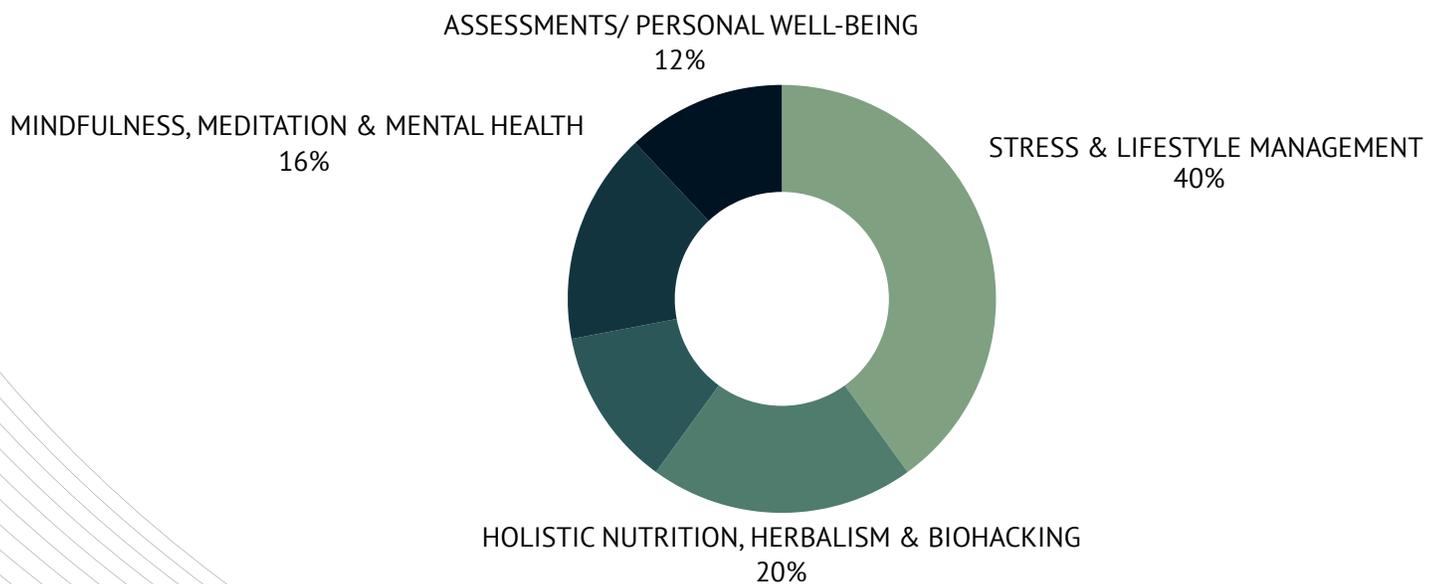
We are the missing link. Our *Global
Leadership Trainings* masterfully draw
unique parallels between performance,
physical health and mental states.
We show how to integrate *Professional &
Personal Well-being*

ENGLISH SPANISH WORLDWIDE

**DYNAMIC & STRESS-FOCUSSED WELLNESS SEMINARS
ARE STEP #1**

**IN THE FOUNDATION OF
SUSTAINABLE CORPORATE SUCCESS!**

BETTER HUMANS PROGRAMS INCLUDE





**Erika has guided thousands of global executives to thrive.
Her cutting-edge approaches elevate mindsets & corporate cultures.**

BETTER HUMANS HAS HELPED **HUNDREDS** OF CORPORATIONS
INSPIRED **THOUSANDS** OF EMPLOYEES
PREVENTED **MILLIONS** OF MISTAKES
HELPING THEM MAKE **MILLIONS** OF DOLLARS



CLIENTS

A few of our clients:

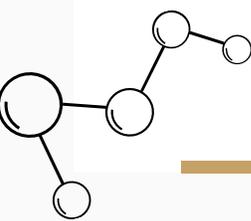
- Amazon
- American Airlines
- Aramco
- Boeing
- Cisco
- Chicago Title
- DFW Airport
- Emerson Electric
- Four Seasons
- Mitel
- ORACLE
- Proctor & Gamble
- Six Senses Resorts & Spas
- Various City Governments
- Xerox
- Y.P.O.
- Tiger 21



ABOUT

Erika Ramelli is an International Wellness Consultant and Strategist, Author, Master Herbalist, Holistic Nutrition Educator, Coach and founder of Better Humans a "Next-Level" wellness consulting firm with Forbes & Fortune clients all over the world.

Her vast integral knowledge of natural remedies, passion for wellness, charismatic people skills, successful business experience in corporate America, and hyper-sensorial abilities have placed this powerful and inspiring woman as a key resource in many corporate wellness initiatives and as a valuable asset to those interested in the journey of personal mastery & longevity.



Our Better Humans programs keep individuals ethically engaged, motivated, productive, and healthy.

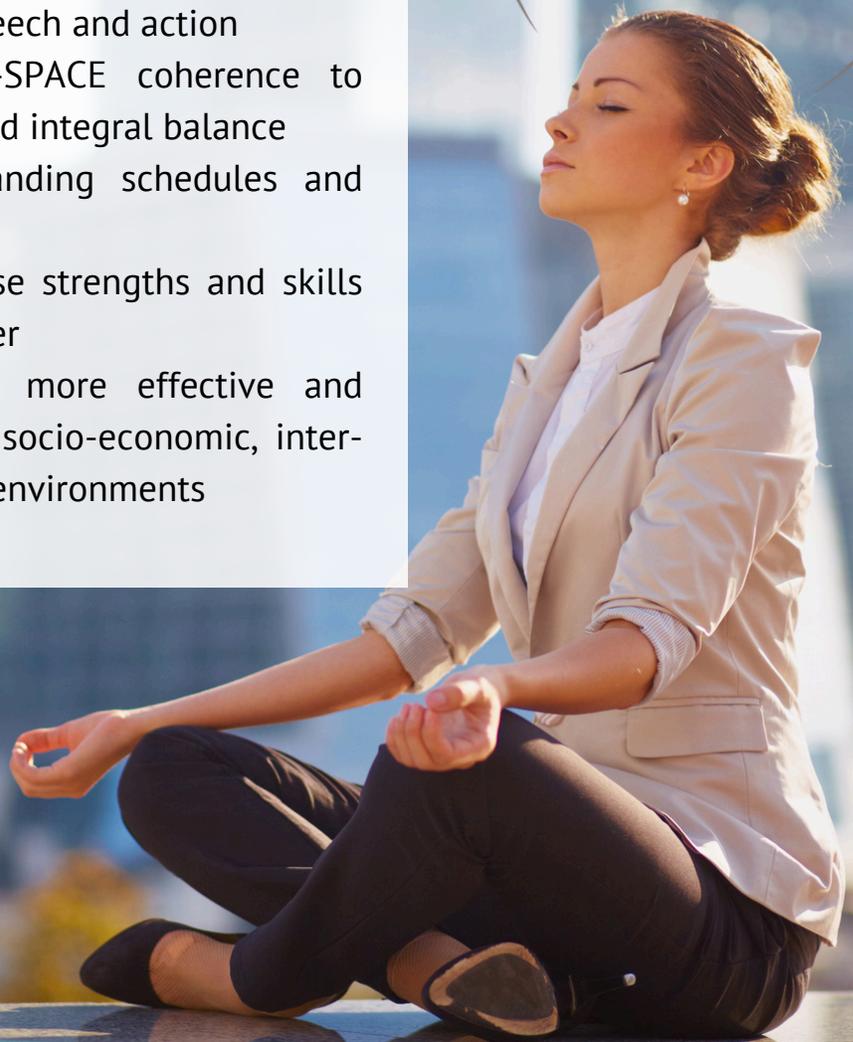
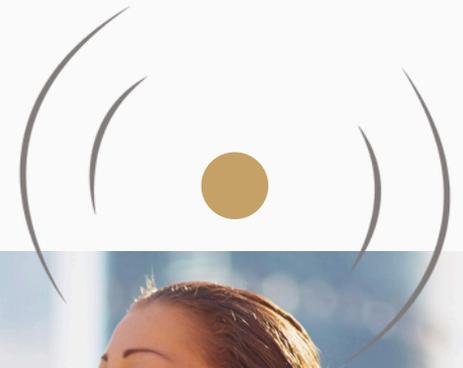
The human body is a MASTERPIECE!

A healthy individual is capable of efficiently accomplishing extraordinary tasks, if the mind is determined, clear and focused.

MAIN TAKE-AWAYS

PARTICIPANTS WILL LEARN:

- To prevent performance declines and burnouts
- How manage jet-lag, and demanding schedules?
- How food choices and personal habits impact overall well-being, mental health, sleep, memory, performance, enthusiasm and general health
- To develop emotional adaptability, self-accountability & responsibility of thought, speech and action
- How to create MIND-BODY-SPACE coherence to manifests success, longevity and integral balance
- To cope with change, demanding schedules and difficult personalities
- Methods to harness the diverse strengths and skills found within each team member
- To empower leaders to be more effective and intuitive in the ever evolving socio-economic, inter-cultural and intergenerational environments





I believe

it is the employee's responsibility to get to work motivated, rested, healthy and ready and, it is the employer's responsibility to provide an environment conducive to such expectation.

Our programs and reporting tools coach both parties on how to organically get there!"

See you soon!

Erika Ramelli

Erika Ramelli
BETTER HUMANS FOUNDER

MIND FULL?

OR

Mindful?

YES

LET'S GET STARTED

NEXT-STEP 1-800 775 0974

programs@betterhumans.net

Contact us to customize the perfect executive wellness program for your organization!



BETTER HUMANS

www.betterhumans.net