THE RESET ROOM @ WORKPLACE

Because even the hardest workers need a moment to reset.

A Heal & Hype Workplace Wellness Experience

A collaborative initiative of Undaground Madness LLC and Lead by Example ATL Inc.

Corporate wellness service guide | Updated October 2026

Executive overview

The Reset Room @ Workplace is a mobile, interactive wellness education experience for schools, healthcare settings, corporate offices, public agencies, and other demanding work environments. Our sessions provide staff with a welcoming pause in the workday to practice everyday stress-management skills, explore mindful creative activities, and connect with practical wellness resources.

Organizations can book a focused breathing workshop, a two-hour workplace reset, a tea-and-wellness experience, or a rotating multi-session wellness day. Hourly sessions and flexible weekly or monthly scheduling are also available to accommodate shifts and staff coverage. Each engagement is tailored to workplace needs and available space.

What this initiative aims to deliver

- Accessible techniques employees can practice independently: comfortable-paced breathing, sensory grounding, and brief reflection.
- Optional experiences that encourage connection and self-expression through tea tasting and mindful creative activities.
- Take-home digital resources and practical wellness handouts, including information on available employee support services.
- A positive, voluntary staff experience that complements—not replaces—workplace policies addressing excessive stress and unhealthy working conditions.

Who we serve

K–12 schools and districts • colleges • hospitals and clinics • call centers • public-service teams • corporate offices • logistics and customer-service employers • nonprofit organizations

Five signature wellness experiences

Experience	What participants do
1. Breathe & Reset	Learn gentle paced breathing, optional box breathing, and 5-4-3-2-1 sensory grounding.
2. Reset N Sip	Join a mindful tea-tasting experience featuring Tripple Teas, when selected.
3. Create Your Calm	Explore non-clinical creative wellness: canvas painting, calming coloring, or affirmation art.
4. Reflect & Recharge	Use guided journaling, reflection prompts, and encouraging take-home affirmations.
5. Resources & Support	Access QR-code resource guides, workplace support information, and community services.

Workplace wellness packages and rates

The following are our standard package rates. Final booking details and any additional materials, travel, staffing, or site requirements will be confirmed in a written quote.

Package	Duration / attendance	Included	Package fee
Quick Reset	60 minutes / no set attendance limit	Guided breathing and grounding; stress-awareness tips; digital resources	$250
Workplace Reset	2 hours / no set attendance limit	Quick Reset content + facilitated reflection, affirmation cards, and resource station	$500
Reset N Sip	3 hours / up to 50 participants	Extended guided experience + Tripple Teas tasting, reflection, selected mindful activities	$950
Corporate Wellness Day	4 hours / custom groups	Repeated mini-sessions across shifts; resource station; choice of creative activity; custom staffing	Starting at $1,500

NEW | Standalone hourly booking options

Need one wellness hour for a shift, a staff break, or an extra visit? Book an individual one-hour experience without purchasing a longer package.

Hourly service	Duration	Hourly fee
Workplace Reset	60 minutes	$275
Reset N Sip / Tea Therapy	60 minutes	$350

Hourly rates apply to standalone one-hour bookings. Tea quantities, headcount, supplies, travel, and any repeat-visit logistics are confirmed during booking.

Optional enhancements: Canvas & Calm guided painting; additional tea service or packaged tea samples; printed journals or take-home kits; multi-site delivery; additional facilitator hours. All are separately quoted. No add-on is included unless expressly listed in the final booking agreement.

Sample two-hour Workplace Reset schedule

Time	Activity
0–15 min	Welcome, session expectations, and everyday stress awareness
15–35 min	Stress signals and practical workplace coping strategies
35–55 min	Guided comfortable-paced breathing and sensory grounding
55–75 min	Creative or journaling-based reflection
75–95 min	Optional mindful tea experience or alternative low-material activity
95–110 min	Wellness resources and personal reset plan
110–120 min	Closing affirmation, optional anonymous feedback, and next steps

Flexible workplace scheduling available

Your team. Your schedule. Your wellness experience. We can deliver contracted hours in one visit or spread them across weekly or monthly appointments, subject to availability and the agreed scope. This works well for staffing agencies, call centers, healthcare teams, schools, and other shift-based employers.

Examples: A two-hour Workplace Reset package ($500) may be delivered as two separate 60-minute visits. A three-hour Reset N Sip package ($950) may be scheduled across three 60-minute sessions. The full package fee remains unchanged when hours are divided as agreed.

For active work shifts, shorter 15-20-minute employee group rotations can be arranged within the contracted session. Where sessions occur on different dates or sites, additional travel, setup, tea, or consumable material charges may apply and will be confirmed before booking. Package participation and supply allowances apply across the contracted experience unless a different arrangement is agreed.

What the host organization provides

- An accessible room or quiet area, tables/chairs as agreed, and an on-site point of contact.
- Scheduled employee release time, attendance coordination, and any required site or security permissions.
- Advance disclosure of venue policies, food restrictions, accessibility needs, and relevant safety procedures.

Employer and community partnership opportunities

Option A | Direct employer booking

The employer purchases a workplace wellness session for its staff. The program can align with employee appreciation, school professional-development days, staff wellness programming, or team engagement events.

Option B | Sponsored community resets

A company sponsors one or more Reset Room visits for educators, nonprofit teams, caregivers, or other eligible community groups. Sponsorship can fund session delivery, materials, and selected enhancements. Sponsor recognition and program reporting are scoped in advance.

Option C | Multi-visit series

An employer can schedule a customized weekly or monthly wellness series, including short sessions across rotating shifts. A separate quote will define the number of contracted hours, dates, services, materials, and any recurring travel requirements.

Partnership and implementation roles

Partner	Proposed role
Undaground Madness LLC	Lead booking and contract administration; invoicing; logistics; marketing and media deliverables when contracted.
Lead by Example ATL Inc.	Community engagement; educational outreach; resource coordination and jointly defined program support.
Tripple Teas	Optional tea product or service supplier, subject to a separate arrangement and venue rules.

The organizations should execute a written collaboration agreement defining services, brand use, costs, approvals, insurance, and financial arrangements. Lead by Example ATL Inc. should not be described as IRS 501(c)(3)-recognized unless recognition has been confirmed. Sponsorship payments are not represented as tax-deductible charitable contributions.

Program outcomes and feedback

We propose a lightweight, privacy-respecting evaluation approach: total attendance; types of experiences delivered; anonymous participant feedback; percentage reporting greater awareness of simple stress-management techniques; and requests for future sessions. We will not request diagnoses or disclose individual employee health information to employers.

Scope and safeguards

The Reset Room @ Workplace provides wellness education and recreational creative activities, not counseling, psychotherapy, clinical art therapy, diagnosis, or medical treatment. Participation is voluntary; exercises can be modified or skipped. Tea service will include ingredient, allergen, and caffeine disclosures and an alternative beverage or opt-out. Food-handling, school access, and site-specific requirements will be confirmed before delivery. Facilitators will encourage participants to use qualified professional or crisis resources where appropriate.

Booking process

Step	Next action
1. Consultation	Discuss wellness needs, staff shifts, weekly or monthly scheduling, goals, and preferred experiences.
2. Custom quote	Confirm package or standalone hours, visit dates, participants, materials, travel, and total fee.
3. Agreement	Approve scope, payment terms, cancellation policy, responsibilities, and site requirements.
4. Delivery	Bring the Reset Room experience to the organization.
5. Follow-up	Provide approved resources and an optional aggregate participation summary.

Invitation to partner

Your team gives time, effort, and care to the people it serves every day. The Reset Room @ Workplace gives them dedicated space to learn small, practical ways to breathe, reflect, create, and recharge.

We invite your organization to schedule a workplace wellness experience or discuss sponsoring Reset Room access for a community workforce.

Request a consultation or custom proposal:

Contact: Undaground Madness LLC | Email: info@undagroundmadness.com | Phone: 404-484-4262

Website: www.undagroundmadness.com

Background and references

CDC/NIOSH, “Supporting Mental Health in the Workplace” (2024): https://www.cdc.gov/niosh/bulletin/2024/mental-health-work.html

NIH/NCCIH, “Relaxation Techniques: What You Need To Know”: https://www.nccih.nih.gov/health/relaxation-techniques-what-you-need-to-know

American Art Therapy Association, “What is Art Therapy?”: https://arttherapy.org/what-is-art-therapy/

These references inform the design of the educational activities; they do not constitute endorsement of this program.