

A FEATURE COLLABORATION WITH

RYZ TO REWIRE

ROD BLANCHARD

BRIAN COONES

JUST RYZ

REWIRE
WITH BRIAN COONES

WHAT WE DO

Together they are RYZ "TO" REWIRE, facilitating workshops & speaking events intended to help individuals bring their best authentic selves to work daily. These sessions will enable individuals to master themselves as they look inward to shift their energy and mindset to create healthy new habits.

Together let's elevate your employee's Mental Health & well-being!

Our programs are designed to help your organization manage stress and elevate health & happiness through experiential training, workshops, and challenges.

We guide people toward defining what happiness means to THEM. Often companies invest in learning and try to create a happy environment conducive to learning and progress, hoping that employees will actively apply and grow their talents. What if we took the guesswork out of what would make your employees happy with simple breathing techniques and a guided morning routine? This program can make all the difference in being productive, achieving goals, feeling organized, and having internal happiness!



"Mental health concerns and burnout have skyrocketed.

Nearly six times as many employers report increased mental health issues among employees since the pandemic began—burnout being among the most common."

Forbes: Mental Health In A Post-Pandemic World

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BRIAN COONES

Brian Coones is a father, experimentalist, mindfulness & breathwork coach, and entrepreneur. Brian's purpose is to use his energy and influence to help business professionals manage stress, awaken self-awareness, feel better, elevate health & happiness, find deeper meaning & inner peace, create resilience, and level up.

Brian has been studying, practicing, and teaching mindfulness under the mentorship of Dr. Stephane Treyvaud, at the mindfulness center in Oakville, since 2013. Brian also teaches and practices other meditation and breathwork modalities such as heart coherence, subconscious reimagining, Wim Hof method (breathwork & cold exposure), 5D breathwork, and breath empowerment. Brian has helped to transform hundreds of companies and clients with his practical, experiential, and results-driven coaching, collaborations, speaking, workshops, courses, and retreats.



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RODNEY BLANCHARD

Rod Blanchard is a father of two beautiful daughters, a Chief Motivator at JustRYZ, a Happiness Career Coach at RYZ recruit, and a Managing Partner at RCA recruitment.

Rod has dedicated most of his career to helping people achieve happiness and success. Whether they were looking to be happier in their current role, find a new job, or looking to make a career change. Spending the past five years on his own happiness mission, the school of life has helped with implementing what he has learned, fueling his desire to help others look inward and believe they are enough.

Rod believes there are no generic, one-size-fits-all plans! Rod has worked with over-achievers to help them elevate their untapped potential through Career Happiness Coaching. His one-on-one coaching programs are established to help align one's goals, superpowers, and purpose into alignment.



JUST
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