

Camp Atta Girl!®

Why It's Great For Your Organization!

A Great Way to Bring Positivity, Resilience, and Happiness into Your Organization!

Camp Atta Girl! is a unique kind of program for the female leaders and employees in your organization.

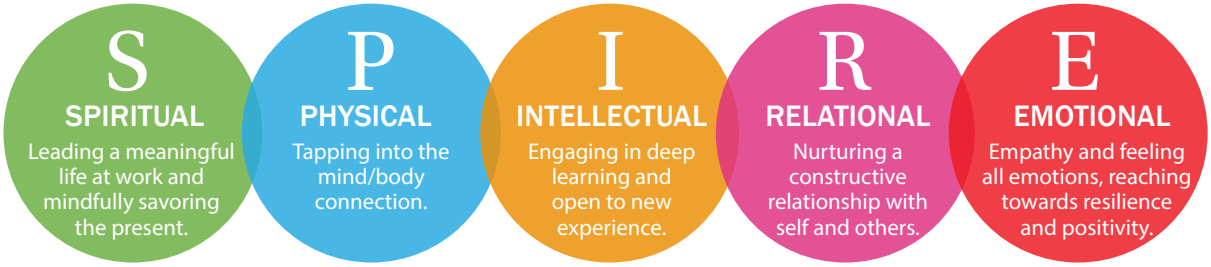
This retreat gives the women in your organization tools to survive (and thrive) in the work "wilderness." They will tap into their strength, courage, voice, and humor while learning techniques to increase their happiness, discover their purpose in life, and bring that purpose into your organization.

This isn't a "ropes course" kind of camp. This is different. It's an experiential INDOOR program, challenging their minds in fun and "campy" ways. Camp Atta Girl! gives the women in your organization tools they can use right away to become happier and more fulfilled at work and in life... and bring those tools back to share with everyone.

Our work cultures are ever-changing things. You need a culture of resilience and optimism... this retreat will help!

At Camp Atta Girl!, your employees will ...

- Discover proven and researched tools to create their best selves and bring their best selves to work.
- See how mindfulness, gratitude, and compassion fit in all aspects of their lives — including their work lives — and can create collaboration, engagement and happier work environments.
- Discover their inner character strengths and how using their top ones can make them happier and your company more successful. This is the leading tool in positive psychology. The information shared can be used to complement and enhance DE&I initiatives at companies.
- Receive a life handbook that will help them set, pursue, and achieve goals at work long after the camp. This same handbook can be used to help other employees.
- Find their happier selves and bring them into the workplace!



Camp Atta Girl! is based on the positive psychology of SPIRE. Research has shown that for a person to be resilient, healthy and happy, the wholebeing needs to be focused on. These five elements equate to happiness for the employee – at work and in life – and success for your company. But we take SPIRE and infuse it with music and movement to create an experience that has lasting effects long after the retreat.

The Happiness Element, LLC

Camp Atta Girl!

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Camp Atta Girl! *From the Founder...*



Lisa Bailey Sullivan

Certified Happiness Facilitator and Certified in Happiness From the Happiness Studies Academy

Certified in Positive Psychology through Wholebeing Institute

Trained Positive Psychology Coach

Skilled in Google's "Search Inside Yourself" Leadership Training

Certified Let Your Yoga Dance Instructor

Certified "Infinite Possibilities" Trainer

Author of Book "Atta Girl!"

Twenty Years Experience as Marketing Exec in International, National and Local Companies

Managed Teams Ranging From 1 to 75

I'm Lisa Sullivan. I'm the founder of Camp Atta Girl! I'm also a wife, mom, recovering corporate marketing exec and CHO (chief happiness officer) of my crazy life. But mostly, I'm someone who wants to help the people I meet and the companies I work with become happier, more optimistic, and more resilient to every day challenges.

These past years have been hard on many. Connections are harder to make, and people are struggling with the "new" normal. If you don't have a culture of resilience, happiness and optimism, it costs you money with turnover, productivity, and lack of engagement. The good news? You can shift your culture, and Camp Atta Girl! can help.

As a former marketing exec with over 20 years of experience in the corporate world, working for and with both national companies and local businesses, I know what the challenges are in the workplace and how to help employees find their way through those challenges with resilience, happiness and balance.

Over the past several years, I've been immersing myself into what leading companies are doing to bring positivity into their organizations. My programs are rooted in positive psychology and in the science and research of what works to help people (and organizations!) thrive.

Camp Atta Girl! is one of our programs designed specifically to help women thrive in life. And while the goal is to help each woman tap into her voice, courage, acceptance, and happiness, many women who attend also bring back all they've learned to help their organization. One woman came back, started sharing the tools and helped her organization so much, the owner sent every woman employee to the next retreat!

Camp Atta Girl! will help your organization, too. This small investment will reap big benefits for your employee and your entire team!

Lisa

P.S. Have questions? I'm happy to answer any you may have.

Wish to send several women to our retreat? We offer discounts for 4 or more. Reach out to me for more information. You can reach me at lisa@happinesselement.com.

I also have programs and workshops that can bring to your organization (in person or virtual) to help your ENTIRE team, both men and women. Reach out to me... I'm happy to share more.