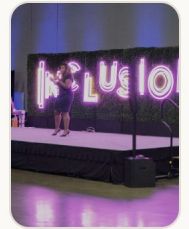


# Corrinne Hobbs

WELLNESS & PERFORMANCE EXPERT • EXECUTIVE BACKGROUND

Panelist & facilitator for HR, benefits, and corporate wellness audiences



Speaking at SHRM INCLUSION, and panelist for "How Inclusive Benefits Can Help Attract and Retain a Diverse Workforce"



Facilitating "The MindSpace: A Place to Pause & Breathe" at the Health & Mental Wellness Summit, presented by CareFirst

## Burnout is expensive. Recovery is a skill you can teach.

Your team is already paying the cost of unmanaged stress, in sick days, turnover, and people who are present but not really there. A single session changes that conversation, and gives people tools they'll actually use.

**\$61B**

size of the corporate wellness market in 2026, industry-reported

**72%**

of companies report lower healthcare costs after adding a wellness program

**\$1.47-\$3**

reported return for every \$1 spent on employee wellness (SHRM)

HR & People Ops Leaders

Conference Organizers

Law Firm Partners

Health System Executives

**Let's build the case for your team.**

Sessions typically book 3-6 weeks out. Reach out today to hold your date.

[iamcorrinnehobbs.com](https://iamcorrinnehobbs.com)

Turn the page for offerings, pricing, and more about Corrinne →

# Corrinne Hobbs

## WELLNESS & PERFORMANCE EXPERT • EXECUTIVE BACKGROUND

15+ years leading strategy inside major healthcare organizations, now guiding executives and high performers through yoga, sound healing, and nervous system regulation.



● 15+ Yrs Healthcare Strategy

● MBA, University of Maryland

● Certified Yoga & Sound Healing

● Mother of Two Teens

Corrinne spent 15+ years leading strategy and commercial growth inside some of healthcare's biggest organizations, holding VP and GM roles with full P&L ownership. She's also a certified yoga teacher, meditation instructor, and sound healing practitioner, and a mother raising two teenagers. Corrinne brings both worlds together: corporate wellness sessions, sound healing workshops, and keynotes built for people who lead under real pressure and need real tools to recover from it.

### — WHAT I OFFER



#### Corporate Wellness Sessions

**\$500 – \$1,200 / session**

On-site or virtual yoga and breathwork for teams under real pressure.



#### Sound Healing Workshops

**\$750 – \$1,500 / session**

Guided sound bath experiences that help groups reset and reconnect.



#### Keynotes & Panels

**\$2,500 – \$7,500**

Talks on performance, regulation, and leading without burning out.



#### 1:1 & Small Group

**\$150 – \$300 / session**

Private sessions for executives and high performers who want individual attention.

*"Most people teaching corporate wellness haven't sat in the room where the pressure actually gets made. I have."*

— Corrinne Hobbs