

Coliberation Wellness Expands Corporate Wellness Offerings on SHRM Platform to Address Workplace Stress, Communication, and Performance Challenges

Coliberation Wellness, a provider of somatic-based corporate wellness solutions, is now featured on the Society for Human Resource Management (SHRM) directory, expanding access to its on-demand, live-stream, and in-person programming for organizations nationwide.

Coliberation Wellness delivers yoga, meditation, breath techniques, and professional development experiences designed to support employee well-being, enhance communication, and improve performance in high-pressure and rapidly evolving work environments.

As organizations continue to navigate rising levels of workplace stress, hybrid team dynamics, and leadership complexity, Coliberation Wellness offers a modern, neuroscience-informed approach that integrates nervous system regulation with practical workplace application.

“Our focus is helping individuals and leaders develop the internal regulation needed to think clearly, communicate effectively, and sustain performance under pressure,” said Kara Looney, Founder of Coliberation Wellness. “When the nervous system is regulated, everything from decision-making to leadership presence improves.”

Offerings available through the SHRM platform include:

- On-demand yoga, meditation, and breathwork sessions
- Live-stream wellness classes
- Professional development workshops for employees and leadership teams, including:
 - Cognitive Overload & Decision Fatigue in High-Demand Roles
 - Nervous System Dysregulation Under Pressure and Its Impact on Performance
 - Communication Breakdown in Hybrid and High-Stakes Work Environments
 - Burnout, Energy Depletion, and Sustainable Performance Management
- In-person keynote talks and immersive speaking engagements focused on performance, presence, and communication under pressure
- Corporate wellness retreats and experiential leadership programs designed to support deep reset, alignment, and team cohesion

These programs are designed to help organizations reduce stress-related disruption, improve clarity and resilience, and strengthen communication across all levels of the workforce.

Coliberation Wellness partners with corporations, healthcare systems, universities, and recovery programs to deliver scalable wellness solutions aligned with organizational goals and workforce needs.

For more information or to connect through the SHRM directory, visit Coliberation Wellness or contact:

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