

# Workplace Wellbeing



## Mindful Wellbeing Packages

For human-centered workplaces

Our mental health and wellbeing is more important than ever. In the face of an unprecedented and challenging event, changing what’s “normal” in our lives, we are hearing the deep need for support amidst the anxiety and worry that accompanies so much uncertainty. In response, Dr. Deirdre Guthrie, wellbeing scientist, life coach and certified mindfulness and yoga instructor, has designed Mindful programs for your staff that include: weekly movement and mindfulness sessions, individual coaching and a social-emotional resiliency curriculum.

### BODY

Weekly online movement practices to safely open and strengthen the body and bolster immunity

### MIND

Online instruction + guided meditations for greater awareness, focus, creativity and relaxation

### SPIRIT

Rebooting our nervous systems and reawakening our sense of awe, inspiration and connection



### Movement and Meditation

Live streamed yoga & mindful sessions



### 1:1 Coaching

Tailor your learning journey to personal wellbeing goals



### Online Courses

For Compassionate Leadership, burnout prevention and rebooting resilience

## INVESTING IN EMPLOYEE RESILIENCE

*Employers who sponsor high-quality wellness programs save at least 3 times their investment in health-related costs.*



A Harvard Review found:

- Medical costs fall by about \$3.27/employee for every dollar spent on wellness programs
- Absenteeism costs fall by about \$2.73/employee for every dollar spent
- And Dee Edington, Ph.D., a wellness program expert, recommends spending "about \$300-\$400 per employee annually if you expect good savings and a positive ROI."

According to Edington et al., "lifestyle medicine" programs will continue to advance, defining "wellness" as more than merely the absence of disease. "New research identifies the important roles of many diverse factors such as relationships, lifestyle behaviors, emotional outlook, positive environment, mind-body connection, use of technology, and work styles, which can help each person achieve the fullness of life, vitality, and flourishing that characterizes a high level of well-being. ("The Future of Health Promotion in the 21st Century," *American Journal of Lifestyle Medicine*, July-August 2016)

## Benefits of Wellbeing Programs

A mindfulness practice with a trained and seasoned facilitator can create lasting benefits, including:

- Enhanced awareness of one's self, others and environment ("presenteeism")
- Greater ability to manage one's emotions, focus, communicate, actively listen and creatively collaborate with others
- Decreased anxiety, rumination and fear

On an individual level, these carefully curated wellbeing practices are recommended for:

- Those facing a significant life-changing event
- Professionals in high-pressure careers
- Caretakers or those struggling with chronic illness
- Anyone seeking a more purpose-driven life



# Compassionate Wisdom Monthly Curriculum

For those who wish to “dig deeper” into inner development, there is also a Compassionate Wisdom Program that is particularly useful for supervisors, managers and other leaders or anyone interested in cultivating a purpose-driven life.

The program was piloted and then used with medical supervisors, and includes components on values-based leadership, mindfulness and self-regulation, attention, flow and the brain, emotional agility, deep listening and caring communication.

At the individual level it will enable you to align your strengths with your values, encounter your shadow with compassion and invite transformative mindful rituals into your everyday life to nourish your wellbeing in relationship with others.



## INSTRUCTOR BIO

Dr. Deirdre Guthrie was a lead researcher at the University of Notre Dame where she led a team in developing wellbeing programs for caregiving professionals. She currently works with The Center for Healthy Minds in Wisconsin as Research Manager for The Wellbeing Project, based in Paris, France.

**“Wellbeing is so vital to the sustainability of any organization. At the individual level you helped us realize the importance of being aware of our own capacities to manage daily stress and on an institutional level you helped us analyze the different causes of stress and burnout. Now we are thinking of how we can prevent and manage these problems.”**

**~Dr. Luis Martinez, Partners In Health**

# MINDFUL MEMBERSHIP

## MEMBER PACKAGE PLUS DISCOUNTED EXTRAS

### ANNUAL MEMBERSHIP INCLUDES

#### MINDFUL EMPLOYEE

- ▶ Initial Wellbeing Consultation for individuals to assess strengths, challenges and values and identify wellbeing goals
- ▶ Weekly Yoga and Gentle Movement
- ▶ Weekly Mindfulness Practice
- ▶ Online Course: Part One of the Compassionate Wisdom Course with a focus on understanding the mind-body-heart connection, designing daily rituals to support micro shifts, and identifying one's values, strengths and challenges

#### MINDFUL LEADER

- ▶ Initial Wellbeing Consultation for staff in leadership positions to identify the "drivers and blockers" to organizational or team wellbeing
- ▶ Weekly Yoga and Gentle Movement
- ▶ Weekly Mindfulness Practice
- ▶ Online Course: Introduction to Compassionate Leadership Part One. Learn more and enroll here: [spore-studios.com/compassionate-wisdom-course](https://spore-studios.com/compassionate-wisdom-course)

### GOING DEEPER (MEMBER DISCOUNT)

#### COMPASSIONATE WISDOM/LEADERSHIP COURSE PART TWO \$145

Deepening one's practice of mindfulness and self-regulation, learning the neuroscience behind attention, flow and the brain, becoming emotionally agile, practicing deep listening and caring communication

#### PERSONAL WELLNESS COACHING \$35/SESSION (\$120 VALUE)

Empower each employee to build a strong foundation for mental, physical and emotional wellbeing through 1:1 online consultations with Dr. Guthrie, a certified coach and mindfulness and yoga practitioner for over 20 years.

#### DATA COLLECTION

- ▶ Employee self-report surveys to track and chart progress \$20 (\$55 value)
- ▶ Organization-wide strengths/needs assessment for leaders \$100/hour

#### MEMBERSHIP COST

\$500/employee for under 25 persons  
\$200/employee for 25-50 persons  
\$100/employee for 50-100  
\$50/employee for 100 plus

#### COVID-READY

\* All programs involve both livestream and virtual learning