

WORKPLACE WELLBEING PROGRAMS

Each Session promotes:

I. Simple Techniques for Stress Management

- Increase employee satisfaction and productivity
- A sharpened intellect
- Greater energy and creativity
- Improvement of overall health

II. Destress at Your Desk

- Change your posture
- Improve strength, balance, and flexibility in mind and body
- Reduce stress
- Can be practiced anywhere, anytime

III. Tools for Work/Life Balance

- Increase productivity and satisfaction at work
- Decrease staff absenteeism and sick leave
- Reduce stress and improve overall wellbeing
- Enrich staff quality of work/life balance

IV. Techniques to Improve Team Building: How to Open Lines of Communication with you Team And Create a Successful Work Environment

- Identify your personal collaborative style and learn how to work with different styles in achieving a common goal
Let go of past co-worker transgressions and mistakes through empathy, problem solving and collaboration
- Share knowledge, skills, values and attitudes to improve ability to work together as a team
- Learn simple techniques that build trust and honesty among co-workers

Bodies and Soul By

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Programs

Title	Features	Duration
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Lecture	Any Topic	30-90 min
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I. Stress Management

II. Destress at Your Desk

III. Work/Life Balance

IV. Team Building

V. Purposeful Communication

Half or One Day Workshop 3-8 hours

The program will feature:

- Two curriculum topics
- Two mindfulness sessions
- Group breakout sessions

Program takeaways may include (but are not limited to) relevant handouts, worksheets, books and/or breakout exercises that support the continuation of learning beyond the program experience.