

Wellness Services for Your Organization

Your employees spend more than half of their waking day in your workplace. Their wellness -- physical energy/stamina, mental clarity and emotional resilience -- directly impact the health of your business/mission. Productivity, retention, innovation and culture are all at stake. For these reasons, more organizations are bringing wellness practices and programs into the workplace.



As a former C-level executive, director/manager and software engineer with over two decades of fast-paced private and nonprofit sector experience (Iris, Lotus, IBM, Mercy Corps, Plan International), I understand first-hand these connections. And I've seen both model and poor wellness initiatives in a wide variety of organizations and business units. As a trained wellness coach, I know what it takes to generate wellness momentum and produce lasting results:

- **Top to bottom commitment** to corporate wellness and clarity on its virtues.
- **A program** that becomes part of the culture. As opposed to a quick-fix "projects".
- **Partnership** with a great set of experts, either in-house or outsourced.
- **SMART goals** to track, support and advance the wellness initiatives.

What wellness programs or activities does MudLotusHealth offer?

- **A free initial clinic or workplace talk** on a wellness topic of your choice.
- **Multi-session clinics/workshops** to improve employee wellness and productivity.
- **On-site wellness assessments and coaching** for participating employees.
- **Business leader/executive clinics/coaching** to build influence and emotional intelligence.

What are some examples of impactful workshop/clinic topics?

- **Top ten workplace threats to wellness** and how to beat them. Myths and facts.
- **Wellness/Mindfulness meets productivity.** How mindfulness can empower your work.
- **Tough change and how to make it.** Creating and sustaining any type of change.
- **Wellness and culture.** How to foster wellness and overhaul your culture at the same time.
- **Engagement Without Stress:** Stress management for the adrenaline junkie.
- **Negative and positive wellness trends;** what they mean for your organization.
- **Top five, rare practices of managers** who encourage/gain employee wellness.

On the web: www.mudlotushealth.com

Email/Phone: Chip@mudlotushealth.com; 978-302-3659

Social Media: facebook.com/mudlotushealth; twitter.com/ChipMLH



Example of a Four+ Session Team/Employee Workshop

Initial visit to gather organizational/employee information, discuss wellness program objectives and deliver a free wellness presentation.

Session 1 — The Vision (1 hour presentation, larger group): The attributes, friends, enemies, and virtues of organization wellness.

Session 2 — The How (2 hour workshop(s), smaller group(s)): Assessment and the basics of making/sustaining wellness change. Two wellness experiments to try for the next session.

Session 3 — Eat, Sleep, Calm (2 hour workshop(s), smaller group(s)): Review of wellness experiments, a modern approach to nutrition, sleep and stress reduction. New wellness experiments to try before the next session.

Session 4 — Move, Sustain (2 hour workshop(s), smaller group(s)): Review of wellness experiments. Modern approach to healthy exercise. Practices to sustain wellness change.

The above example describes one of many possibilities. I would expect to work with you and your team to craft a presentation, workshop or program **specific and highly relevant to your company's culture, environment and mission.**

How would wellness coaching for individual employees work?

- Confidential coaching sessions would take place at your workplace or a site of your choice. Remote sessions (phone or Skype) also work well. After an initial employee assessment for each motivated, participating employee, individual employee sessions would run from 30 to 45 minutes each on a weekly or biweekly basis.
- Session content would focus on identifying each employee's wellness vision/goals, co-creating a personalized wellness plan with the employee, and tracking and adjusting wellness plans and progress.
- The coaching strategies and practices I draw on -- positive psychology, counseling therapy, mindfulness training, appreciative inquiry and motivational interviewing -- are evidence-based and *encourage employees to direct their own wellness initiatives.* This approach is more effective in the short term and enables lasting self-coaching.

Cost/Pricing

Pricing varies greatly and depends on the type of engagement, number of sessions, degree of customization for your organization, etc.

**Your greatest organizational asset is your people and their wellness.
See contact details below to discuss your needs/pricing and get started.**

On the web: www.mudlotushealth.com

Email/Phone: Chip@mudlotushealth.com; 978-302-3659

Social Media: facebook.com/mudlotushealth; twitter.com/ChipMLH

