

# Introducing the Mindful Wellness Program

## Reduce Costs - Increase Profitability

- Wellness Programs AND Mindfulness trainings are becoming widely used by large American businesses (eg., Google, Aetna, Intel, Target).
- “Mindfulness” trainings have been shown to reduce employee stress, increase productivity, decrease costs, and increase profit. According to the World Health Organization, stress costs American businesses an estimated \$300 billion annually.
- According to Forbes Magazine, employees of Aetna who participated in only one mindfulness training, gained 62 minutes per week in productivity, which they claim to be worth \$3,000/year per employee, plus reduced healthcare costs!



**This unique program provides both Mindful training AND ongoing Wellness support with individualized coaching for those in need**

### WHAT THE MINDFUL WELLNESS PROGRAM PROVIDES YOUR STAFF:

- Initial Mindful Wellness workshop to provide skills to manage stress
- Quarterly classes/trainings for continued skills development
- Unlimited email support
- Access to phone or web-based coaching sessions to help individuals manage stressful situations
- A gatekeeper to provide support, assessment, and necessary mental health referrals as needed
- Regular engagement via email contact for continued program awareness
- While employee utilization of “traditional EAP” services is typically at only 3%, the hands on effects of this Wellness Program engages all employees on some level.

**\*MINDFUL WELLNESS is an organization directed by Troy Nickell (Mindfulness Instructor and Coach), providing innovative benefits to businesses of all sizes. For more information, call 858.314.8437 or visit [mindfulwellnesstoday.com](http://mindfulwellnesstoday.com)**