Integrative Re-Sources

Quick Quiz:
Does your workplace have any of the following symptoms that necessitate a redesign towards mental wellbeing?

- High level of accidents or errors (it's estimated that <u>up to 80%</u> of all workplace accidents are attributed to stress)
- Strong system of traditional hierarchies (note: <u>the lower someone's rank, the higher the risk of developing or dying from heart disease</u>)
- <u>Too much work</u> to do in too little time
- Micro-management from leadership (<u>"poor" leadership = higher risk of heart disease</u>) (FYI: heart disease is the <u>leading cause of death</u> in the US)
- Cut-throat environment with a <u>culture of fear</u>
- Disengaged team members (<u>disengaged workers have 37% higher absenteeism, 49% more accidents, 60% more errors, resulting in 16% lower profitability</u>)
- High turnover (<u>estimates</u> show that replacing a single worker costs ~20% of that employee's salary)

If you answered YES to two (2) or more of the above symptoms, we recommend you host a workshop to learn HOW to:

- Reduce stressful triggers & events in the workplace
- Harness the strengths & the stories of resilience of your team
- Leverage brain science to help your workplace lead with compassion
- Eliminate toxic business practices that harm health & wellbeing
- Modify daily work that insights real innovation to enhance the customer experience
- Integrate new business practices that exemplify your workplace values
- Boost revenue and save costs

Protect your strongest asset- the health of your team. When the mental wellbeing of your team is prioritized, the value of your workplace grows