



New program designed to decrease the cost of your business's largest, hidden expense—poor employee communication.



You can spend hundreds of thousands of dollars on training programs, leadership development, culture enhancements, etc. but still you find a lack of communication within your workplace. Poor communication between management and employees as well as between individual employees often leads to conflict and stress, poor teamwork, and a failure to achieve objectives which, in turn, could be costing your company big bucks. It's time to stop focusing on what you're doing wrong and start focusing on The World Inside You® (TWIY).

Why is The World Inside You® program important to your organization?

Unlike most wellness programs that focus on diet, exercise, and lifestyle choices alone, TWIY incorporates the Gallup-Healthway's five key elements to well-being—purpose, social, financial, community, and physical. Studies show that adults who are thriving in all five elements, instead of just physical well-being, report 41% fewer sick days, are 65% less likely to be involved in a workplace accident, and 81% less likely to quit.

Improving each individual's well-being benefits the aggregate and adds more value to the team as a whole, as employees learn to work together more efficiently. TWIY focuses on increasing self-awareness and how the impacts of stress affect not only the self on a personal level but on a professional one as well. Through this program, employee absenteeism is reduced, efficiency is enhanced and operational costs cut. The company is able to maximize on labor capital and growth is enhanced. It is a program you cannot afford to miss.

The World Inside You Program Overview

TWIY is a six-week, team-productivity learning series designed for groups of twelve to sixteen people. It is a proven method to help build stronger, more connected teams, increase employee productivity, morale, focus, and retention, and potentially reduce medical and disability costs and absenteeism.

Throughout the program, participants/employees will:

- Increase individual self-awareness
- Comprehend how stress impacts behavior
- Understand team dynamics and how to work more effectively and improve communication with others
- Understand and apply tools for increasing concentration and focus
- Learn and apply ways to improve mobility
- Analyze ways to reduce muscle tension and/or pain associated with sitting and/or repetitive movements
- Evaluate current state and create plans for efficiency and effectiveness

Through facilitated dialogue, journaling, breathing, movement and inquiry, people are given the tools to not only discover new things about themselves but also a different way to approach relationships and well-being. The program also provides methods for participants to increase productivity within the workplace through fostering a more connected team and providing a guide for decreasing anxiety and tension. In each session, individuals will engage in breathing and movement exercises, as well as group discussion led by the program facilitator.



Testimonials

"I am incredibly thankful to have been a part of this. I love seeing the positive impacts of TWIY on my team and in the workplace!"

Greg Faldyn, Vice President of Advantage Benefit Solutions

"This was a great learning experience! I think the team had a lot of fun while learning new strategies for communicating. The exercises revealed a lot about my team and I. TWIY is definitely on to something."

Patti Hansen, CEO at Corbett Consulting Group, LLC

"This is beyond any other HR wellness program. I am so grateful to TWIY for teaching me these extraordinary practices of body, mind, and spirit!"

Michelle Howison, Speaker and Facilitator at Extraordinary Dynamics, LLC

Now, let the facts do the talking...

The World Inside You program has been successful in a number of trials. A case in point is a pilot program wherein fourteen employees/participants were taken through the six-week program and asked to fill out a survey after each session.

Here's what we found throughout the course of the program:

Pre-Program Overview: All fourteen participants filled out a Pre-program questionnaire.

More than half of participants reported high stress levels due to sitting more than four hours at a time and a computer usage of seven to ten hours throughout their work day.

Theme: Presence (Week 1): Individuals learned breathing strategies/ movement exercises in order to relieve tension, as well as the five elements to well-being.

85% of participants responded that they felt relaxed, calmer, and reconnected with themselves after the session.

Theme: Body Awareness (Week 2): Focused on body sensations, understanding the self, learning better nutritional habits, and participating in movement and breathing exercises with a partner.

57% of participants reported feeling more enthusiastic and relaxed in the workplace and with their group after the session. Half of the respondents noted that they were more capable of doing the exercises than they initially perceived.

Theme: Mobility (Week 3): Focused on ways to cope with stress and its impact on health and well-being to gain a better understanding of how to recognize stress and how to respond proactively. Individuals participated in the "Yes, and" exercise to learn a method for improving communication, and were taught a breathing technique.

89% of participants reported that they began taking more time out of their day to move around and do simple exercises. More than half of the participants felt that the session gave them the tools in order to better deal with stress and improve their communication with others.

Theme: Vitality (Week 4): Focused on the meaning of vitality, practiced a body scan technique and participated in partner exercises.

67% reported feeling more comfortable expressing their opinions to their partners and to the team as a whole. More than half of participants stated they felt more capable to deal with work stress.

Theme: Balance (Week 5): Explored ways to find balance between the self and the workplace. Participants reviewed their Birkman Method results, focused on their personal life priorities and developed a plan to achieve them.

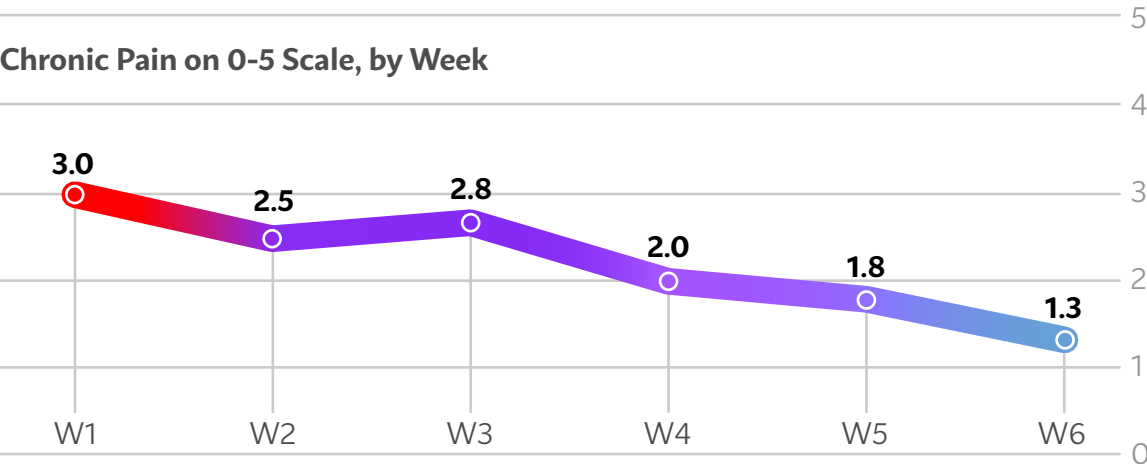
75% reported feeling more relaxed and balanced and more connected with their group as the course progressed and reported better breathing techniques. Individuals claimed to feel more confident in their physical capabilities which boosted their motivation in the workplace.

Theme: Possibility (Week 6): Participants were encouraged to share their Personal Purpose Statement, reflect on what they learned throughout the program, and write in their personal journal.

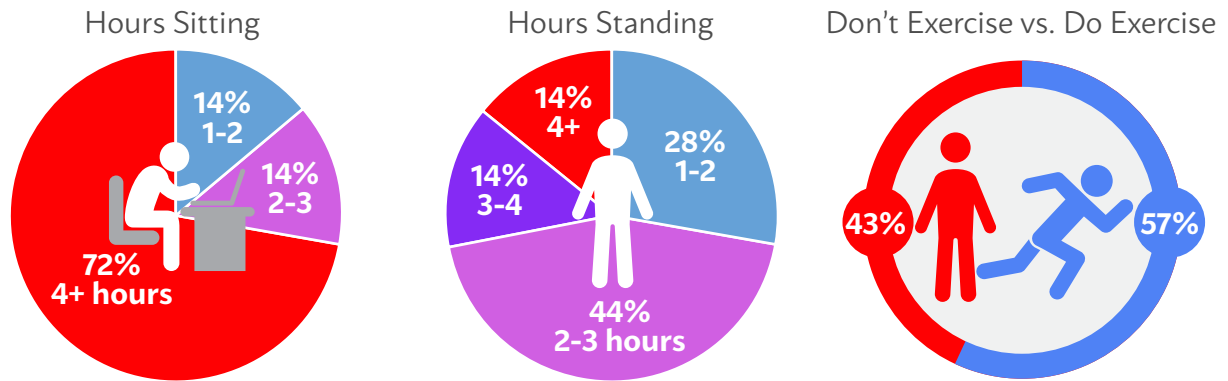
90% of participants reported learning better ways to communicate with their team and felt more relaxed with their coworkers. Three of the respondents who initially reported a moderate quality of sleep noticed improvements due to the breathing techniques learned in class, which, in turn, helped them stay focused and more alert throughout their work day.

All claimed to feel less stressed when at work and found more joy within their daily routine.

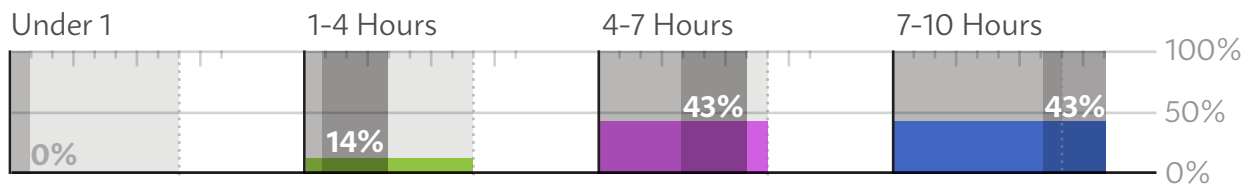
25% of individuals proclaimed a decrease in chronic pain levels from moderate to low.



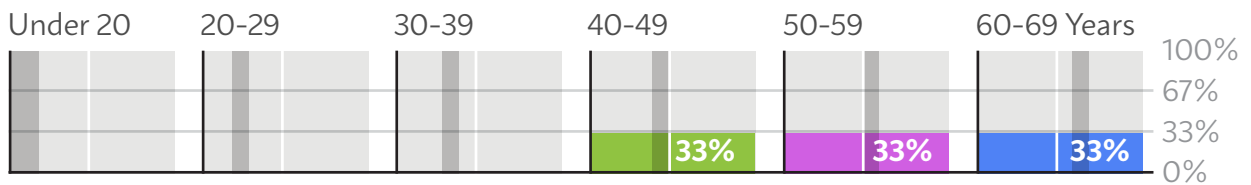
Daily Activities of Participants



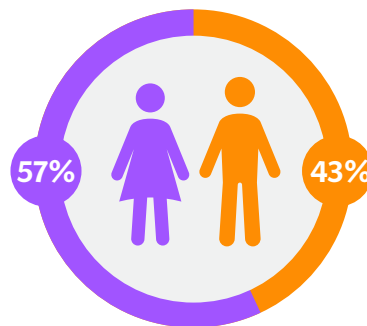
Computer Hours per Day



Participant Ages



Participant Gender



Note: Data may vary depending on number of respondents per survey.