

## PROGRAM DETAILS

### Testimonials

*The most important thing I learned is becoming aware of my body through stretching and becoming aware of partner/coworker through the Birkman assessment/exploration. I'm going to practice these exercises with new partners!*

*I particularly appreciate the movement and breathing.*

***I became more aware of stressors and how to reduce them.***

***I learned the importance of listening to how I am feeling in regard to satisfaction with work. I intend to differentiate how I'm feeling with work and those I work with.***

### The World Inside You Employer Benefits

Targeted to ALL Employees

Brings a new way to build stronger, more connected teams

Increases Employee productivity, morale, focus, and retention

Provides tools available to Employees (at any time and for free)

Improves your ability to be considered a great place to work (to attract and retain)

Potentially reduces medical and disability costs and absenteeism

### The World Inside You Participant Benefits

Increase self awareness

Help them understand how stress impacts their behavior

Discover key motivators

Understand how to work more effectively and improve communication with others

Learn and apply ways to improve mobility

Experience ways to reduce muscle tension and/or pain associated with sitting and/or repetitive movement

## Weekly Session Themes

**Presence** – Center on program commitments, breath, easy movement, 5 elements of well-being self assessment, nutrition & lifestyle questionnaire

**Body Awareness** – Understanding where our bodies are in space, where and how we move, and notice body sensations and how they impact our choices

**Mobility** – Gain a better understanding of how to recognize stress reaction and choose to respond differently

**Vitality** – “Vitality” as oxygen, circulation, and connection, practice a body scan relaxation skill, movement with partner, learning to create a supportive environment

**Balance** – Explore the “things” that keep us in balance or take us out of balance; share “The Biggest Mistakes You Can Make with Him/Her” from Birkman Method

**Possibility** – Write and share Personal Purpose Statement, reflect on the past sessions, create action plan

## Session Sequence

### During Each Session (1 hr. 15 min.)

Commitment and confidentiality  
Check-in/Discussion  
Breath, oxygenating the body through accurate breathing  
Movement, body postures, practice for developing  
Emotional Intelligence  
Mindfulness, increase ability to concentrate and focus; activity based  
Debrief/Participant Survey  
Action planning  
Acknowledgement

### Before the Program Begins

Complete The Birkman Method™ assessment  
Complete Pre-Program Participant questionnaire

### Between Sessions

Complete Post-Session Assessment  
Write in journal and note observations about self  
Log food and physical activity/ movement  
Mindfulness practice

## Materials & Equipment

### Company provides

Program Sponsor  
Two hrs/wk/participant (program + lunch time)  
Room to hold program  
Folding/movable chairs (not rolling)

### We provide

Certified Instructor/Facilitator  
Program Content/Instructional Materials  
Participant Kit to include binder, journal, mat, block & strap  
Certificate of Completion; “Best Supporting Actor” Award  
The Birkman Method™ assessment (for self discovery and team building)  
End of program report and recommendations