

BE WELL HEALTH RESOURCES

2022



WORKSITE WELLNESS PROGRAMS



6 OPTIONS AVAILABLE



TABLE OF CONTENTS

| | |
|--|----|
| About Us | 3 |
| Why Choose Be Well | 4 |
| Benefits | 5 |
| Worksite Wellness Trainings | 7 |
| Mind, Body & Soul | 8 |
| The 6-letter word: Stress | 10 |
| The 'Task' Master | 12 |
| The Productivity Diet | 14 |
| Work-Life Balance | 16 |
| Workplace Workout | 18 |
| Corporate Wellness Checks | 20 |
| More Information | 22 |
| Contact Information | 23 |
| References | 24 |



ABOUT BE WELL HEALTH RESOURCES

We are grateful that you have chosen our company to help improve the health your business through focusing on your employees!

For those who do not know us, Dr. Kayce Solari Williams is a professor at tier 1 of Health at the University of Houston and a fitness expert. Jenai Tidwell is a licensed professional counselor supervisor and entrepreneur. We formed Be Well Health Resources in 2018 with a shared mission to provide individuals and communities with education about holistic health and connections to comprehensive wellness resources. Be Well Health Resources is committed to providing a pathway to wellness for all people. Living a healthy life should not be determined by how you look, where you come from, whom you choose to love, your abilities, or your financial status. Everyone deserves to be well.

Holistic health and wellness are so important, especially now that we have become more sedentary in our daily lives. We want people to live their best life while improving their health and overall wellness. Holistic health focuses on health, wellness, and prevention, treating the body as a whole. It provides physical, mental, spiritual, and social needs to be met, with the understanding of how these components affect your overall health. This form of healthcare gives every individual an equal opportunity to live their healthiest, happiest life.

We want to raise awareness of the great benefits that holistic health provides. In order to achieve this goal, we have created services that allow individuals and communities the tools to achieve optimum health.

This packet contains important information about why holistic health and wellness are so important. You'll find why you should choose to Be Well as your company of choice to support your health and wellness needs.

If you have any questions, please feel free to reach out to our team at admin@bewellhealthresources.com

Be Well,



DR. KAYCE & JENAI

Founders, Be Well Health Resources



WHY CHOOSE BE WELL?

OUR MISSION

Be Well Health Resources was birthed out of a need and request for information regarding health and wellness. Although there is no shortage of resources, it's hard to know what to listen to and who to trust. The founders, Dr. Kayce and Jenai, have made it their mission to be a credible source in the field of health and wellness.

OUR GOAL

Our goal is to ensure that all who desire to improve their quality of life have access, knowledge, resources, and support in changing their health for the better. Our Worksite Wellness Trainings help connect people with resources to help guide them on their health journey in a safe and healthy way.



WORKSITE WELLNESS BENEFITS

45%

The percentage of workers who are more likely than other employees to adapt to change if they're engaged and have high levels of well-being.

\$353

On average companies who offer employee wellness trainings could save their companies as much as \$353 per person, per year!

85%

The percentage of employers who believed their successful wellness program had a positive influence on company culture.

87%

Percentage of employees who said employees said they consider health and wellness offerings when choosing an employer.



WORKSITE WELLNESS BENEFITS

Wellness programs can reduce risk factors, such as smoking, and increase healthy behaviors, such as exercise.

-Rand Health Quarterly

Experts from the Johns Hopkins Bloomberg School of Public Health analyzed data revealing that about 59.4% of employees think employers should attempt to improve the health of their workers.

Top employees who are engaged at work and also experience high levels of well-being were 45% more likely than other employees to adapt to change.

- Gallup





WELLNESS TRAININGS



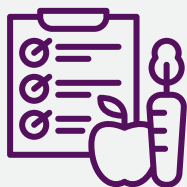
Mind, Body, Soul



6-letter word: Stress



The 'Task' Master



The Productivity Diet



Work-life balance



Workplace workout





WELLNESS TRAINING

Be Well in 3 ways:
Mind, Body & Soul
Sign up today!

Learn More about our programs at
bewellhealthresources.com/trainings



MIND, BODY & SOUL

If you've ever been so stressed it made you physically sick or witnessed such beauty it felt like a spiritual experience, you've experienced a mind-body-soul connection. A holistic approach to well-being involves bringing these three aspects of the self into balance to create harmony and health. During this wellness training we will review the following:

OBJECTIVES:

- Discuss how mental health is affected by internal and external forces (nutrition, physical activity, sleep and support systems).
- Do a holistic health assessment to understand your health.
- Find an accountability partner to help keep you motivated.
- Develop attainable personal health goals you'd like to reach.
- Create a fulfillment plan that will help you achieve health goals.

PRICE:

Starting fee of \$600, price varies on size and needs of company. Request a quote today. Email us at info@bewellhealthresources.com





WELLNESS TRAINING

STRESS. The Six-Letter Word

Sign up for our Stress
Training Program today!

Learn More about our programs at
bewellhealthresources.com/trainings



THE 6-LETTER WORD: STRESS

Do you know how to manage your stress properly? Knowing how to identify when your body is telling you that your stress levels are dangerously high and knowing how to counteract those levels are important for your overall well-being. During this wellness training, we will review the following:

OBJECTIVES:

- The effects of stress can impact job performance, along with the physical and mental health of employees, which can hurt a business' efficiency, quality of products and financial stability.
- Recognize when your stress levels are reaching the danger zone.
- Apply stress management techniques and experience real-time relaxation to combat mounting stress in the workplace.

PRICE:

Starting fee of \$600, price varies on size and needs of company. Request a quote today. Email us at info@bewellhealthresources.com





WELLNESS TRAINING

**Work with intention.
Manage time and stress.**

Sign up today!

Learn More about our programs at
bewellhealthresources.com/trainings



The *Task* MASTER:

WORK WITH INTENTION

Time management is key to meeting deadlines. Learning how to be more efficient and plan ahead can be an important step to improving your overall health. During this wellness training we will review the following:

OBJECTIVES:

- Apply effective time management principles to finish the job.
- Put together a plan to help you maintain your physical health.
- Implement the skills you've learned from the Productivity Diet.
- Apply the stress management techniques that are instrumental in maintaining mental health to help you stay on task at work.

PRICE:

Starting fee of \$600, price varies on size and needs of company. Request a quote today. Email us at info@bewellhealthresources.com





WELLNESS TRAINING

**Efficiency is key.
Get more done in less time.**

**Sign up for our Productivity Diet
Training today!**

Learn More about our programs at
bewellhealthresources.com/trainings



THE *Productivity* DIET

Food is a vital source of fuel for your body and brain. The right fuels and maintenance will keep the human body running efficiently. There are tools you can learn to make sure you're getting the best sources of energy. During this wellness training we will review the following:

OBJECTIVES:

- Identify which foods assist versus inhibit productivity.
- Differentiate between the "Clean Fifteen" and the "Dirty Dozen" that contribute to productivity.
- Create a personal productivity diet to follow when high level concentration is needed (when it is time to get things done).

PRICE:

Starting fee of \$600, price varies on size and needs of company. Request a quote today. Email us at info@bewellhealthresources.com



PROGRAMS AVAILABLE

Overworked? Missing out on family time?

Sign up for our Work-Life Balance
Training Program today!

Learn More about our programs at
bewellhealthresources.com/trainings



Work-life BALANCE

Work-life balance is especially tricky during this period of time when people work from home more often. Employees are also constantly connected to work through their cell phones. What is the right balance and how do we achieve it when we're easier to reach than ever, plus home and work are increasingly blended? Find some help with those questions during this wellness training as we will review the following:

OBJECTIVES:

- Explain the concept of balance.
- Create criteria for designing, evaluation, and revisions (as needed) of a balanced work-life plan.
- Design a plan to manage time effectively based on immediate priority.

PRICE:

Starting fee of \$600, price varies on size and needs of company. Request a quote today. Email us at info@bewellhealthresources.com



PROGRAMS AVAILABLE

**Feeling sluggish?
Need a Booster Break?**

Sign up today!

Learn More about our programs at
bewellhealthresources.com/trainings



Workplace WORKOUT

Most work environments are very sedentary. Employees sit in front of screens for hours at a time without moving, which can have ill effects on health, stamina and concentration. To boost productivity, employees need to find time to move around. This will increase the blood flow and help employees finish the day strong. Find some help with those questions during this wellness training as we will review the following:

OBJECTIVES:

- Discuss the importance of maintaining your physical health to increase or maintain your mental stamina for productivity.
- Select a workplace workout plan that fits your fitness level and work environment using the concept of Booster Breaks.
- Observe demonstrations of and practice workplace workouts.

PRICE:

Starting fee of \$600, price varies on size and needs of company. Request a quote today. Email us at info@bewellhealthresources.com





PROGRAMS AVAILABLE

**Build employee wellness.
Support is important at work.**

**Sign up for our Corporate
Wellness Check today!**

Learn More about our programs at
bewellhealthresources.com/wellness-checks



WE ALSO OFFER:

Corporate WELLNESS CHECKS

During these corporate wellness checks, your staff will be provided a safe space to discuss feelings about their current workplace climate, as well as reflect upon sources of support they can utilize within your organization. During these corporate wellness checks, your staff will be provided a safe space to discuss feelings about their current workplace climate, as well as reflect upon sources of support they can utilize within your organization. The goal of corporate wellness checks is to promote a healthier work environment for all levels of staff within your organization.



Request a FREE 30-minute Corporate Wellness Checks for your business



HOW THEY WORK?

Our Worksite Wellness Trainings are made to fit the needs of your company. We work with companies of all sizes from small start-ups to large corporations and institutions, offering company-wide trainings or team specific offerings. The majority of our clients are in areas from non-profit, education and other wellness industries. We partner with companies that aim to promote health in the workplace.

VIRTUAL OPTIONS

Virtual options to train with our experts is at your fingertips.

We customize all of our programs to your company's specific goals and budget. We provide all relevant materials, handouts and other items to help you and your employees maintain your goals.

All of our trainings are available in a Virtual Format, to meet your team whenever they may be in a safe yet effective way. We bring BE WELL directly into the homes, offices, regions and devices of your employees, so you can Be WELL around the world and around the clock!

PRICE

Since all of trainings are custom made to fit the goal of your team, we ask that you email us and let us know what your goals are so that we can give you the best quote.

Our trainings vary from 30 minute, 1 hour, half day or full day trainings. Custom trainings are also available upon request.



CONTACT INFO

PLEASE REACH OUT TO US DIRECTLY AT
INFO@BEWELLHEALTHRESOURCES.COM

PHONE: (713) 678-0216

WEBSITE: WWW.BEWELLHEALTHRESOURCES.COM

  @BEWELLHEALTHRESOURCES

 @BEWELLRESOURCES

"Be a Part of the Be Well Family!"



REFERENCES

- GALLUP | WELL-BEING ENHANCES BENEFITS OF EMPLOYEE ENGAGEMENT
- VIRGIN PUSLE | SURVEY REPORT THE BUSINESS OF HEALTHY EMPLOYEES
- JOURNAL OF OCCUPATIONAL AND ENVIRONMENTAL MEDICINE | IMPROVING EMPLOYEE PRODUCTIVITY THROUGH IMPROVED HEALTH
- THE ECONOMIST | THE WELLNESS EFFECT: THE IMPACT OF WORKPLACE PROGRAMMES
- RAND HEALTH Q | WORKPLACE WELLNESS PROGRAM STUDY
- JOURNAL OF OCCUPATIONAL AND ENVIRONMENTAL MEDICINE | EMPLOYER AND EMPLOYEE OPINIONS ABOUT WORKPLACE HEALTH PROMOTION (WELLNESS) PROGRAMS



BE WELL HEALTH RESOURCES

WORKSITE WELLNESS PROGRAMS



PREPARED BY BE WELL HEALTH RESOURCES, LLC