

Top Employers Invest in Workforce Well-Being

The research is clear, organizations with a happy, engaged workforce are more successful. Happy people are better at sales, customer service - are more creative and make less mistakes.

If you want to reduce negative interactions that cause conflict and friction, while increasing the number of positive interactions, this program is for you.

LOVE Where You Work

The Team Wellness Leadership Challenge harnesses the power of interpersonal mindfulness and interoceptive awareness to positively impact workforce well-being

Integrating the Connection Habits™ in your workplace will bring a number of tangible benefits

When your employees practice the Connection Habits, a form of interpersonal mindfulness, workplace improvements will be realized in many areas.

Retain and attract top talent

People want to live a great life both at home and at work. When your organization offers improved quality of life it is a key differentiator in attracting and keeping the best people.

Enhanced office environment

Both complaining and positivity is contagious. The mood of your office is a combination of the moods of each individual. An office filled with happy people is a great environment in which to work.

Improved internal and external customer service

Mastering the skill of making other people feel good is an excellent way to improve service. These skills will make a difference in every aspect of an individual's life.

Increased performance

Physiologically speaking, being in a positive state of mind decreases stress and anxiety, improves focus and cognition, and decreases the risk of heart disease, stroke, and mental illness.

Improved teamwork

When a person feels appreciated and encouraged by their peers they are more productive. When a team regularly celebrates progress they can more easily resolve conflict and overcome negativity.

Leadership development

Make sure your managers have the people skills they need to earn the respect of their team members. People are more willing to take direction from a manager they feel positive about.

The Connection Habits are an excellent tool to help managers learn to connect with their people and ensure relationships stay positive.

Improved health and wellbeing

The Connection Habits deliver the same health benefits as a daily meditation practice but to multiple people at once.



Team Wellness Challenges

The Team Wellness Leadership Challenge is designed to help people integrate the Connection Habits into their workday. Each time a person practices one of the habits a positive moment is generated making the experience of work more enjoyable.

Implement in just 2 hours

Managing complex programs or spending large amounts of money on external coaches are typically not sustainable even if they can be effective. The Team Wellness Challenge requires less time to implement and manage as the in-app Challenges are both self-explanatory and self-guided.

External incentives for participation

Anyone who participates in our Challenges earns entries to win prizes. You can easily add your own prizes and rewards specific to your company to further incentivise participation.

How it works

Participants will integrate the Connection Habits into daily routines so your workplace will be filled with powerful moments of positivity throughout the day. It only takes a few minutes each day to build a habit that will continue to deliver results long after the challenge has ended.

Each participant will:

- take a self-assessment to determine which habits to work on;
- set up customized habit-based action prompts;
- select Challenges for habit-specific tips and info;
- track their successes daily;
- earn chances to win exciting prizes;
- review and monitor their overall progress.

Overcoming resistance to change

To overcome our automatic resistance to change, learning new behaviours should be enjoyable, simple to understand, and easy to accomplish. When you turn personal development into a pleasant experience, that resistance is further diminished. The App and the Challenge practices integrate actions that deliver moments of positivity which occur like a reward. This further diminishes the resistance to change.

Knowing is not enough

Gaining new knowledge is important but simply knowing something doesn't necessarily deliver results. For example, the formula to losing weight is not a secret, and yet weight loss is a nearly \$200 billion dollar industry worldwide. Knowledge has to be put into practice. Our App helps people to integrate the Connection Habits into their daily lives so they don't just get new information, they get results.

The Connection Habits™

Biologically, we are wired to notice what is wrong as this is what keeps us safe — is that wind moving the tall grass, or could it be a hunting lion? Because of this biological hard wiring, focusing on the positive requires a conscious choice unless it is one of our habitual responses to our environment. And when a person is stressed, hungry, angry, or tired, we default to our habits.

Each of the Connection Habits are proven to contribute to both physical and mental well-being. They help to reduce stress, and improve cognition and creativity. When a person practices the Connection Habits they will not only get the benefits, but so will the people around them. The Connection Habits are:

- 1 Giving your full attention
- 2 Sharing and celebrating success
- 3 Acknowledging the positive
- 4 Acts of service
- 5 Expressing gratitude
- 6 Encouragement
- 7 Appreciation



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