

customizable EVIDENCE-BASED WORKPLACE MINDFULNESS RETREATS

Highly interactive, half or full-day workshops provide participants with education, skills, and guided practice of techniques and concepts in a different setting which can create new neural pathways for learning, and provide space and time for social interactions that have decreased over the past two years.

- Dedicated time to connect and disconnect from the typical busy workday
- An introduction to the benefits of mindfulness
- Engaging discussions and guided practice on how to concretely integrate practices both in the workplace and at home



65% of workers feel less connected to coworkers than two years ago, a main driver of voluntary turnover



63% of U.S. workers report they're ready to quit their job to avoid work-related stress



Stress costs American businesses \$500 billion a year



Around 1 million Americans miss work each day because of stress

CLIENT

Testimonial

"I thought this was the best offsite of the year. Well planned, enough time to cover the content without squeezing the agenda so full that we rushed the end of the day. I really was able to immerse myself for the day and would not have wanted to be anywhere else."



MAKE MENTAL WELL-BEING A *priority*

It is easy for our busy lives to take over and to forget to take the time to pause and give attention to our mental well-being. Taking one day away to intentionally disconnect from daily work tasks to connect with colleagues can reset our nervous systems, reinvigorate the purpose and meaning behind our professional and personal lives, and inspire us to be more focused, more productive, and more human.



ENABLE A LASTING IMPACT

Participants come back energized, learn new techniques, and have a plan to use them.



CREATE AN ENVIRONMENT FOR LEARNING & CHANGE

Participants are fully immersed in a memorable event.



STRENGTHEN CONNECTION

Cultivate community to drive deeper connections.

Create Lasting Impact


University of
CINCINNATI
THE UNIVERSITY OF CINCINNATI
difference

What separates us from other companies is our team. Combined with over 50 years of experience, we bring doctoral-level education and research methods to elevate our programs.



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