

INTENTIONAL COMMUNICATION CONSULTANTS

THE 4 ROOMS OF WELLNESS

(Enhancing the Quality of Life in the Workplace)

300 billion dollars (\$7500 per employee) is spent annually in the U.S. on stress related compensation claims, reduced productivity, absenteeism, health insurance costs, direct medical expenses (nearly 50% higher for workers who report stress) and employee turnover. (Centers for Disease Control & Occupational Safety & Health)

Offering wellness programs sends clear and powerful signals to your employees about your company's values.

The 4 Rooms of Wellness Program Is Not a Typical Fitness or Stress Reduction Program

- This program is designed to connect participants with the personal values that drive their own well-being. The focus is on experience, not just information.
- It has been developed to deliver an experience that results in a new level of awareness and understanding of the inter-connection between the mind and the body.
- It is built on the premise that well-being is a natural state and that everyone has the power within to achieve and sustain it.
- It is based on the knowledge that wellness is an act of personal responsibility that has enormous benefits for every part of life.

This program also presumes that access to information and opportunities to enhance physical and mental health are not enough to sustain well being *over time*.

Modules

- **What is Wellness?** - Explore the values that drive your sense of personal well-being and how to align them with your daily practices.
- **Room 1 The Mental Room** - This module is based on the knowledge that thought is the root of every emotion and action, regardless of the nature of external events.
- **Room 2 The Emotional Room** - This module is based on the growing science that demonstrates the critical link between emotions and states of well-being.
- **Room 3 - The Physical Room** - This module introduces basic concepts of the mind-body relationship and its impact on sustaining wellness.
- **Room 4 - The Spiritual Room** - This module is based on the broad concept of how our "spirit" expresses our deepest values and internal life. This room's work is premised on the belief that work life devoid of personal expressions of spirit contributes to stress, lower levels of productivity and even depression and frustration. The dialogue and activities within this module are not focused on religion
- **Closing Module** - Integrating the Rooms - Reaping the benefits of what has been learned. Working with what has most value for you .Creating intentions - and working from them

Program Format & Audience

- This program is designed as a two - day format, but can be modified for a one-day format.

- Program can be adapted for use in existing wellness programs.
- Program can be targeted for all general audiences

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