

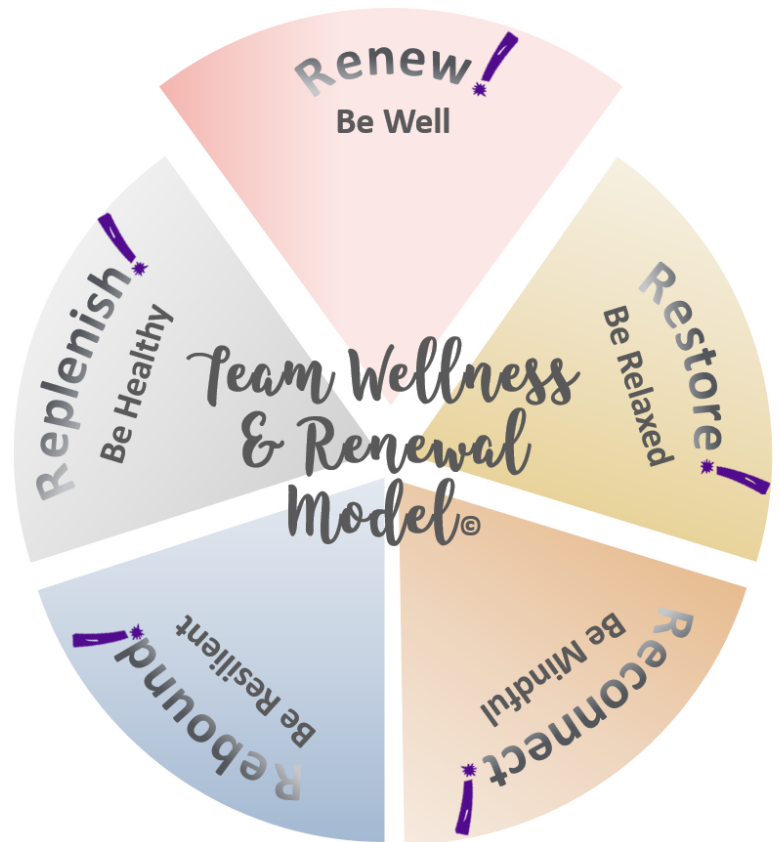
A half-day, off-site experience for teams focused on **stress management and mindfulness in order to build collective team resiliency.**

Prior to the session, teams will take an online validated **stress assessment.**

During the sessions, teams will collectively engage in 4 highly interactive experiences to increase resiliency related to:

- **healthy food preparation**
 - **effective sleep**
 - **physical activity**
 - **mindfulness**

Teams will create both individual and collective resiliency action plans.



Resilience Metrics

Individual resilience will also be monitored in four areas over 9 months by tracking the participants':

1. **Eating**--volume and type
2. **Sleep** --length and quality
3. **Movement**--length and frequency
4. **Mindfulness**-- intentionality and time spent

Team Wellness & Renewal Studio



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