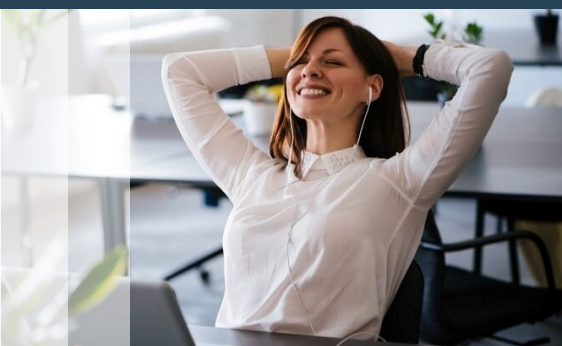


Year-End Wellness Reset

Participants will work with Ellen Burts-Cooper, PhD to create strategies to manage workplace stress and prevent burnout so that they **energized** and **engaged** for the new year.

Ellen is the senior managing partner of Improve Consulting and Training Group, a firm that provides personal and professional development training, coaching, and consultation. She is a member of the National Wellness Institute where she earned her Resilience and Thriving Facilitation certification and works across numerous industries, including manufacturing, healthcare, financial services, education, retail, utilities, governmental agencies, not-for-profit, and small businesses.



KEY OUTCOMES:

Productivity.	Cohesion.	Resilience.
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WORKPLACE STRESS ASSESSMENTS

This assessment looks at seven stress factors that impact stress levels in the workplace and is used to evaluate individual and collective team stress as part of a wellness coaching engagement. Individual data is NOT shared with anyone else in the organization.

ACTION PLANNING SESSIONS

Session Outcomes

As a result of attending this program, participants will:

- Review the 7 stress factors that impact our productivity levels in the workplace
- Monitor and measure stress levels in the workplace
- Discuss the most common stress symptoms
- Identify strategies to manage workplace stress and prevent burnout
 - Identify strategies for self-care
- Learn the 4 key resiliency areas and form new habits in each

SUSTAINABLE PROGRESS

Check-ins to evaluate progress against action plans and development.

Improve Yourself—Individual Assessment and Session

WORKPLACE STRESS ASSESSMENTS

Individual Workplace Stress Assessment Data

ACTION PLANNING SESSIONS

Virtual 1-Hour 1/1 Wellness Sessions to Develop Wellness & Resiliency Plans

- Stress analysis
- Creation of a 1-year overall wellness action plan using the National Wellness Institute’s Six Dimensions of Wellness Model

SUSTAINABLE PROGRESS

Virtual 1/1 Check-ins and Follow-ups

- 30, 60, 90-day email check-in and follow-up

AVAILABILITY - All sessions will start at 9:00AM

July 11, 2025	August 15, 2025	September 26, 2025	November 7, 2025
July 18, 2025	August 22, 2025	October 3, 2025	December 12, 2025
July 25, 2025	September 5, 2025	October 10, 2025	
August 8, 2025	September 12, 2025	October 17, 2025	

REGISTRATION

- Email help@improveconsulting.biz to register
- Each seminar is open to the first 40 participants to register

PAYMENT INFO

- Payment is due in full prior to attending
- To make a payment to Improve Consulting and Training Group, Zelle at 651-343-1858 or use the following QR code →

Note: There are no refunds.

\$140 per participant

Improve Your Team

WORKPLACE STRESS ASSESSMENTS

Stress assessments for up to 15 people.

- For group coaching engagements, we will cover the collective team data which will show the results in aggregate, but not at the individual level.

ACTION PLANNING SESSIONS

Virtual 2-Hour Team Session for up to 15 People to Develop Team Wellness and Resiliency Plans

- Team stress analysis and action planning

SUSTAINABLE PROGRESS

Virtual Team Check-ins and Follow-ups

- 30, 60, 90-day email check-in and follow-up with the team leader

AVAILABILITY

- Email help@improveconsulting.biz to schedule a team session

\$3,750 per team



For more information on any of our offered services:

