

Creative Wellness

AMY MCCAIE

Amy helps organizations reduce stress and have more success through empowering training and coaching that enlightens leaders in wellbeing, emotional intelligence and empathetic leadership techniques. These skills lead to productive teams and successful outcomes.

Amy McCae founded Creative Wellness after spending nearly a decade ill with chronic diseases. After finally finding healing through fitness, nutrition, and meditation she rediscovered a passion for healing. She now holds 17 certifications in personal and professional development and mind-body wellbeing.

Company Core Competencies

- Ability to communicate problems and discover innovative solutions.
- Effective at determining the root of the problem.
- Capacity to get participants to speak up and say what's on their minds.
- Proficient in developing curriculum for meaningful outcomes.
- Utilize science based, proven strategies for developing resilience, mental health, and wellbeing.
- Focus on improving self-awareness of mind, body, emotions, and behaviors for improved wellbeing, relationships, and success.
- Develop high functioning teams that know how to problem solve, collaborate, and bring out the best in each other.
- Accountability to self and others.

Differentiators

- I am exceptional at reading a room.
- I train empathy.
- 17 Certifications in Personal/Professional Development and Mind/Body Wellness
- Evidence based program for improving resilience, wellness, and mental wellbeing.
- ENTHUSIASM- Encourages motivation through mindfulness and connection to personal and military goals.
- HUMILITY-Fosters trusts and empowerment across military ranks.
- RESILIENCY-Builds resilient team members able to withstand the stress of military life.
- TEAMWORK-Encourages motivation through mindfulness and connection to military goals.

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NAICS Codes:

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611710

621399

611699

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Omaha, NE

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Past Performance

Nebraska Enterprise Fund

BC Clark/Director of Training and Client Development /402-763-0540/bcc@nebbiz.org

Custom designed 4-part series on Mindfulness for Wellbeing, Relationships, Leadership, and Success. Program was offered for one hour via Zoom each session to small business owners and included home study materials such as worksheets and audios.

Week One: From Overwhelmed to Intentional: Everyday Mindfulness to Reduce Stress and Improve Wellbeing

Week Two: Everyday Mindfulness- Week One from accredited program for teaching meditation and mindfulness for enhancing mental health, resilience, and wellbeing.

Week Three: Kindness is not Corny: Mindful Listening and Effective Communication

Week Four: Empathetic Leadership- Improving Leadership Through Self-Awareness and Empathy

Understand what mindfulness is and how to use three practices to ease stress, soothe anxiety and improve well-being. Learn how to actively use the mindfulness-based practices introduced in week one in conversations. Understand three parts of a conversation and feel confident in ability to cultivate awareness, compassion, empathy, and curiosity to solve problems. Use self-awareness and mindfulness to develop self-care. Develop empathy and self-awareness to lead effectively for improved success rates as well as develop trust, resilience, psychological safety within teams.

Past Performance

Subcontractor/ Pentagon Federal Credit Union/ Daniel Truissini/Recharj/571-488-4761/danieljt@recharj.com

Omaha Pen/Fed point of contact: Kimberly Spieker/ Sr. Manager of Learning Development

402-619-7101/Kimberly.spieker@penfed.org

Link to testimonials from participants: <https://bit.ly/penfedtestimonials>

Custom designed program utilizing a holistic approach to applying mindfulness -based practices for reduced stress and improved communication in bank call center. The program included a one -hour class two times per week for six weeks in person Nov./Dec. 2019 and via Zoom Nov./Dec. 2020. Each class had a specific intention and included a mini meditation, an introduction to ideas with science -based evidence, a longer meditation, and coaching to help implement in daily life including at work. Examples of class intentions included: Clarity and Communication to help de-trigger reactivity and enhance cooperation in the workplace & The Power of Clear Intention: How to stable the mind to prevent failure and develop clarity and confidence as well as the capacity to fully commit.

Past Performance

Evolving Minds

Participant/Reference: MSgt Crystal Collins/crystal.a.collins.mil@socom.mil

Evolving Minds was a private membership based group I created for discussions on spirituality, creation, and reaching human potential. I led this group once a month for 10 years and it brought a sense of community to the Omaha metro area. This experience gave me a chance to exercise leadership skills, communication, and conflict resolution. The group started small and grew to be the largest group of its kind in Omaha with over 500 members and over 30 in attendance each month. Each month I chose a topic, sometimes controversial, and facilitated an in-depth discussion to develop critical thinking and expansion of consciousness.