




# SHAREMYJOURNEY

 /ShareMyJourney.org

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 sharemyjourney.org

## PROGRAM OVERVIEW



Career. Health. Family. Life.

## GOALS

1. Create an open environment
2. Foster individuals sharing/connection
3. Equip individuals to handle life transitions and avoid exhaustion

## EMPLOYER BENEFITS

- Employee satisfaction
- Retention
- Less Distraction
- Fewer performance issues
- Increased collaboration
- Enhanced connection/community

## SHAREMYJOURNEY

# CONNECTIONS PROGRAM

### ONGOING SUPPORT TO BELONG AND THRIVE

## THE PROBLEM

Businesses strive to support and elevate their employees and build community. Supporting and retaining employees is more critical than ever. Employees are constantly navigating life transitions and challenging circumstances. They need resources and support, yet only 13% seek help. What if employers provided a platform for everyday mutual support? We are an untapped resource for one another to learn and grow along our journeys.

## THE SOLUTION

ShareMyJourney is a three-tiered program designed to increase employee connection and strengthen your business community. Employees Connect, Share, Learn to support one another during their life journeys.

1. Connect for conversations about shared experiences
2. Share in monthly circles on topics of interest
3. Learn through journey-sharing events

**The Connections Program** fits seamlessly within your existing initiatives or as a stand alone program.

### Four Options (Priced Annually)

### Included at no extra cost

**1. Connect** - Unlimited tailored connections. Minimum 100 employees. Discounts at 500 (20%) and 1000 (40%)

- ✓ One free Sharing Circle per employee
- ✓ Access to monthly ShareMyJourney webinars

**2. Learn** - 4 custom 1-hour webinars with panels or speakers

- ✓ One free connection for every participant
- ✓ One free Sharing Circle per employee

**3. Share** - 2 custom 1-hour monthly circles (24 total for year)

- ✓ One free connection for every employee
- ✓ Access to monthly ShareMyJourney webinars

**4. Connections Program** - Customized Connect, Learn, Share for your business

- ✓ 100+ employee blocks with unlimited connections
- ✓ 4 custom 1-hour webinars with panels or speakers
- ✓ 2 custom 1-hour monthly circles (24 total for year)

# CONNECTIONS PROGRAM

ONGOING SUPPORT TO BELONG AND THRIVE



## PROGRAMMING EXAMPLES



### CONNECT

Hundreds of topics, past examples:

- Miscarriage
- Cancer Diagnosis
- COVID at University
- Life Alone After Divorce
- Father Daughter Friction
- LGBTQ and Lack of Family Support
- Calling to Support Racial Equity
- Moving Through Grief to Joy
- Blood Clot Experience
- Self Confidence
- LGBTQ Child
- Adult ADD
- Drug Addiction and Adult Child.
- Managing Anxiety
- Empty Nest.
- Ex moving in with New Partner



### SHARE

Sample Monthly Circles, others available:

- Parenting
- Divorce
- Eldercare
- Processing Emotion
- Goal Setting
- Single Parents
- Discovering What's Next for Your Career



### LEARN

Webinar samples, other topics available:

- Your Story Matters
- The Art of Listening
- Understanding Your Influence
- How to Have Difficult Conversations
- Addressing Equality with Your Children
- Learning to be Vulnerable in Conversation
- Navigating Difficult Times and Finding Hope
- Celebrating our Diverse Journeys
- Journeys in Wellbeing
- Journeys in Antiracism
- Our Different Career Journeys
- Creativity and Healing
- Women's Career Journeys
- Women and Perimenopause

## TESTIMONIALS

### CONTRIBUTION

*"I'm helping! And being helped. In a rough time for the world, it's the right thing to do."*

### SAFETY AND HEALTH

*"I feel safe, welcome, comfortable, and cared about by anyone I have interacted with."*

### QUALITY

*"How ShareMyJourney matches is invaluable, and circles give a sense of connectedness."*

### INNOVATION

*"In the age of social media, virtual meetings and online relationships I have never felt a more authentic and genuine connection with 'strangers' and new friends!"*

### CULTURE

*"Having genuine conversations with people that are ready to be open and share."*

### RELATIONSHIPS

*"Everyone can benefit to have someone interested in them and support them."*

### PEOPLE

*"Letting people know that they have people to turn to is great."*

### SUSTAINABILITY

*"It's great to be a part of something so simple and small - human connection, really seeing and listening to each other, is invaluable."*

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