



An 8-Week Workplace Well-being and Resilience Program

What Is **THRIVE!**?

THRIVE! is an **8-week, science-backed resilience and well-being program** designed to support people navigating constant change, uncertainty, and workplace stress.

Grounded in neuroscience and mindfulness practices, **THRIVE!** offers a structured yet human-centered space for people to learn and grow as they build inner strength. **THRIVE!** is not therapy—but it is deeply therapeutic. It meets people where they are, equipping them with immediately usable tools, restorative practices, and strategies to reduce burnout, improve well-being, and build a sense of calm, clarity, and confidence.

The Current Landscape

- Rapid, compounding change has resulted in *widespread transformation fatigue*.
- Federal budget cuts create a ripple effect on funding *generating deep uncertainty*.
- Workplace *burnout, stress, and emotional exhaustion are rising sharply*.
- *Negative impacts to well-being* impact productivity, morale, and retention.
- Critical gaps exist in conventional training – *employees are asking for help* in managing workplace stress, constant change, and ever-increasing demands.

Meeting the Current Moment

THRIVE! can be the support your staff needs in processing and regulating emotions, calming the stress response, building resilience, gaining clarity and confidence to handle uncertainty and change.

It's practical, uplifting, and people-centered – perfect for purpose-driven teams who need space to reset, reconnect, and continue to perform without burning out.



Contact:

Valerie McCloud
www.foxfireconsulting.net
valerie@foxfireconsulting.net
(804) 307-5753

Inspired. Empowered. Transformed.

THRIVE!



Program Format

- 8 – live, virtual sessions** (75 minutes/week)
- Weekly prompts & reflections
 - Delivered online with small breakout groups
 - Designed for up to **20 participants per cohort**
(please contact to discuss smaller or larger groups)

Participant Outcomes

- ✓ More grounded, focused, and emotionally resilient
- ✓ Equipped to better cope with change and uncertainty
- ✓ Reduced stress, increased focus, and improved communication
- ✓ Integrated well-being with more connection to self—and others
- ✓ Sustainable shifts and transformation 