



WELLNESS FOR YOU AND YOUR WORKPLACE



WE DO WELLNESS



WORKPLACE WELLTH™

- ✓ creating and maintaining your personalized, health-focused, and inviting workplace wellness programs
- ✓ concierge & consultation services
- ✓ workshops
- ✓ wellness for you and your employees
- ✓ PALM Workplace Wellness™ Assessment
- ✓ PALM Workplace Wellness™ Certification
- ✓ customized online training

FOR YOU WELLNESS

Feeling tired and out of balance? Having trouble sleeping? Cannot remember the last time you had time for self-care? Now is the time to take back control for your health and wellness. Let our certified health and wellness coaches help you find your vitality and happiness again!

MINDFUL LIVING

Our mindfulness classes and meditation practices teach you how to navigate our modern world by being present. Happiness starts the moment when mindfulness is found.



WHAT IS WORKPLACE WELLTH™?

Workplace Wellth™ is a comprehensive, health-focused mix of actions, policies, events, and guidance that an organization or an individual implements with the goal of improving their

MENTAL, PHYSICAL, ENVIRONMENTAL, FINANCIAL, AND SOCIAL WELLBEING

while increasing profit, productivity, employee engagement, and reducing cost by improving retention, employee health and morale.

BENEFITS OF WORKPLACE WELLNESS PROGRAMS

1. Increases profits
2. Increases productivity
3. Increases levels of creativity and problem-solving
4. Increases employee satisfaction and engagement
5. Adds advertisable employer sponsored benefit
6. Lowers absenteeism
7. Reduces turn-over
8. lead to reduced number of errors and accidents
9. Establishes a healthy, inviting, and balanced work environment
10. Leads to higher customer loyalty

6 STEPS TO IMPROVE WORKPLACE WELLNESS TODAY

1. Complete the PALM Workplace Wellness™ Assessment
2. Get your PALM Certification™
3. Create a plan and strategies
4. Hire a consultant
5. Educate yourself on workplace wellness
6. Stay mindful

WORKPLACE WELLNESS
ASSESSMENT - SAMPLE
QUESTIONNAIRE



TAKE A QUICK PULSE CHECK OF
YOUR WORKPLACE WELLTH™

[SAMPLE ASSESSMENT](#)



WELLNESS FOR YOUR WORKPLACE

CONSULTATION

You don't need to do it all alone.

Our Workplace Wellth™ consultants are the health and wellness coaches for your organization providing specialized expertise in workplace wellness.

They help you identify workplace wellness opportunities, create well-being goals, strategies, budgets, measure and celebrate your success.

We bring:

- ✓ Expertise and knowledge
- ✓ Quick and efficient solutions
- ✓ Support with special projects
- ✓ Marketing and branding
- ✓ Measurable success

Learn more here:

<https://bonitawellnessinstitute.com/consultation>

ONLINE LEARNING

Workplace Wellness Executive Certificate course is designed for company leaders and HR executives to learn the importance of workplace wellness. It includes easy-to-use step by step guides and tools to help you create, implement, measure, and maintain your successful workplace wellness program. Certificate course.

Mindfulness for Positive Leadership and Burnout & Stress Management courses are tailored to provide tools for leaders and employees to manage stress, avoid burnout and quiet quitting.

Custom training courses are available. Contact us for pricing.

Courses can be customized Learn more: <https://bonitawellnessinstitute.com/courses>

WORKSHOPS

We offer customized workshops to fit your organization's needs.

- ✓ Workshop coaches guide you from setting goals, objectives,
- ✓ creating tactics,
- ✓ branding,
- ✓ launching strategy, to
- ✓ creating a business plan for your program.

A designated Bonita Wellness Institute Workplace Wellness Coach, templates, tools and resources are provided to you so you can successfully complete designing your plan.

Learn more here:

<https://bonitawellnessinstitute.com/workshops>

PALM WORKPLACE WELLNESS™ ASSESSMENT & PALM CERTIFICATION™



PALM WORKPLACE WELLNESS™ CERTIFICATION



FIVE PALMS CERTIFICATE

This certificate is proudly awarded to

YOUR NAME HERE

in recognition for exceptional efforts in providing the highest level of wellness in the workplace.

This organization has implemented the most extensive and comprehensive array of health-focused workplace wellness programs and benefits with the goal of improving and maintaining their employees' physical, mental, environmental, financial, and social well-being.

This certification is valid until _____



BENEFITS OF PALM CERTIFICATION™ FOR WORKPLACE WELLNESS:

- ✓ Get recognized for taking care of your employees
- ✓ Stand out when hiring.
- ✓ Includes PALM Workplace Wellness™ Assessment and evaluation
- ✓ 30-minute workplace wellness consultation
- ✓ Certificate of PALM Certification™ based on scores
- ✓ \$500 discount (30% saving) on annual re-assessment
- ✓ Listing on www.bonitawellnessinstitute.com website
- ✓ Social media promotion of achievement by Bonita Wellness Institute
- ✓ Discounts on wellness services and products
- ✓ Discount on online learning and online certification programs
- ✓ Discount on workplace wellness workshops, consultations, executive and individual wellness coaching
- ✓ 1 monthly online meditation membership for 1 person
- ✓ Access to latest news and trends in the world of workplace wellness

GET CERTIFIED IN 2 EASY STEPS:

- ✓ Submit your PALM Certification™ application with applicable fees
- ✓ Complete your PALM Workplace Wellness™ Assessment

EVALUATION CRITERIA:

- ✓ Investment level
- ✓ Difficulty of implementation
- ✓ Contribution to overall well-being
- ✓ Valued by employee
- ✓ Uncommonness level

QUALIFYING SCORES on workplace wellness assessment:

- ✓ ONE PALM: 20-39% score
- ✓ TWO PALMS: 40-54% score
- ✓ THREE PALMS: 55-69% score
- ✓ FOUR PALMS: 70-84% score
- ✓ FIVE PALMS: 85% or higher score

Learn more here:

<https://bonitawellnessinstitute.com/palm-certifications>

WELLNESS FOR YOU

WELL-BEING AT WORK

We offer **customized programs, coaching, online learning** both for the executives and for your teams. You will learn

- ✓ the importance of workplace wellness
- ✓ managing work stress,
- ✓ reducing burnout and quiet quitting,
- ✓ the basics of mindful living for improved mental health

Learn more here:

<https://bonitawellnessinstitute.com/for-the-employee>

<https://bonitawellnessinstitute.com/for-the-executive>



WELLNESS COACHING

We believe in

- ✓ individuality
- ✓ organic and sustainable transformation
- ✓ holistic approach to health and wellness
- ✓ wellness is a journey
- ✓ no one size fits all truth in wellness
- ✓ alternative holistic health is a complement not a replacement for Western medicine
- ✓ that we continually learn, grow and evolve

Learn more about our services:

<https://bonitawellnessinstitute.com/wellness-coaching>



MINDFUL LIVING

Mindfulness is to be fully present. There are so many ways to be mindful at every moment of our waking hours. However, to live mindfully, it takes practice. Similarly, like you train for physical fitness, mindfulness is training your mind.

Why does mindfulness matter?

Because we know that eating right and exercising is not enough for overall well-being. When stress, anxiety, and depression become part of our everyday life, taking care of our mental health becomes part of it, too. The simplest way to help ease these mental difficulties is to be mindful, observe and be aware of your body, of yourself, of your body's reactions to situations. When you are in the present moment, you feel happier, and you start restoring the path towards finding yourself again.

How does mindfulness help?

It allows you to slow down, observe, and enjoy the present moment without reveling in the guilt and regret from the past or worrying about the future.

It helps you clear and organize your thoughts that helps with better decision-making.

It helps you to get to know yourself better: observe your fears, what makes you anxious, gives you joy, makes you feel sick/unwell (food, exercise, career, financial worries, relationships, etc.)

It helps you build resilience to restore your powers

There are multiple health benefits of mindful living and meditation practices from reducing anxiety, to normalizing blood pressure, improving relationships, boosting confidence, just to name a few.

Learn more about our Mindful Living programs and online courses at <https://bonitawellnessinstitute.com/mindfulness>



Bonita Wellness
INSTITUTE



FEELING LIKE YOU ARE LEFT IN THE DARK?

CONTACT US AND LET US HELP YOU GET YOU BACK IN THE LIGHT!

BONITA WELLNESS INSTITUTE

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