

**Mental  
Health  
Tune-Up (up  
to 25 people)**

**Quick-fix option: a 3-hour team investment in self-care and burnout prevention:**

- Overview of building culture at work + group meal or activity
- TED-style talk on self-care & science of brain breaks
- Small-group skills practice for physical & mental health

**Wellness committees or programs @work:**

- Two interactive talks: "Take Five: How 5-minute brain breaks bring productivity & joy" and "Boosting team health @work."
- Planning and coaching on workplace well-being with Human Resources staff and/or committee prospects/members.

**Nourishing a  
Culture of  
Well-Being**

**Banishing  
Burnout with  
Deeper Team  
Engagement**

**Organizational development tools to facilitate effective conversations (can be wellness-focused or not):**

- Group talks, trainings, and/or resources.
- One team (~5 people) interviewed, plus consulting with leadership.
- Customized session: team building and/or training.

**For any Issue/Audience/Age/Group:**

- Pre-conference coaching, to design better self-care/team-care agendas.
- Delivering interactive keynotes and breakout sessions.
- Designing thematic icebreakers, team builders and/or wellness breaks.
- Sharing skills workshops, like: Diversifying Your Fundraising, Storytelling for Greater Impact, How to Build a Culture of Well-being @Work.

**Embedding  
Wellness &  
Teamwork In  
Any Conference  
or Retreat**

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