

Dear Kristin, I hope you are able to copy and paste any part of this that you can use for promotions:

To Whom It May Concern:

I am the Wellness Director at Oshkosh Area School District. We launched the Mindful Wellness MWELL program and won the **National Gold Award for a Well Workplace** based on improved results in: staff-reported overall health and well-being, weight loss, improved focus, less feelings of being overwhelmed and stressed, and improved sleep. While it is fabulous to see this data of overall improvement in well-being and to have earned this award, we didn't need either of those to see and know the effect that having Kristin Johnson Bott come speak to our staff quarterly was having!

Each time that Kristin came to speak to us (we started with Mindfulness 101, then Dear Stress, Let's Break Up, followed by You Can't Outrun Your Fork, and I Like To Move It), there was a buzz in the air. An excitement came from her approach in empowering us and helping us believe that little changes can make a big difference. Our staff now uses words such as, "finding calm in the chaos," and "how can I take care of myself so I can take care of others?" We have done group challenges led by Kristin to help us stay on track, create connections, celebrate our wins, and reach our goals. Any opportunity to work with Kristin elevated us. She met each person: young, older, male, female, teacher, custodian, administration or bus driver, exactly where they were and shared insights that were relatable with doable action steps. I can't say enough about her passion, energy, and ability to inspire!

**Overall, our faculty and staff experienced profound improvements in being happier at home and work, feeling better, not getting sick so having better attendance, and giving themselves permission to rest. The surveys showed a marked improvement in how teachers measured their stress levels – much lower after engaging Mindful Wellness into their daily lives. We loved working with Kristin!"**

**I would be happy to recommend her to any school district or any company looking to show their staff that they care about their well-being and looking to inspire their teams to approach work and life a little bit differently which, as Kristin encourages, can make a world of difference! It has certainly made a remarkable difference for our entire school district!**

In gratitude,

*– Diane Vogel, Oshkosh School District*