



Think Well, Eat Well, Move Well . . . BE Well

Are you frustrated thinking about how to best serve your teachers and staff this school year? Mindful Wellness LLC trains school districts in wellness initiatives to reduce the stress that is inherent in education today. Having healthier and happier employees leads to a myriad of positive effects including increased productivity, job satisfaction and overall district performance.

Have you heard teachers complain that stress is a top wellness problem? Do you have absenteeism, apathy or employee turnover issues? Do you wish you could empower teachers to take better care of themselves? Offering on-site wellness to your employees in a way that is simple, minutes-a-day and low investment is our passion. My name is Kristin Johnson Bott, the founder of Mindful Wellness. I bring a combined expertise of 17 years as a middle school teacher, 11 years leading at-risk programs, and 29 years as a corporate fitness/wellness professional. **Mindful Wellness offers life-changing solutions to the plague of chronic stress.** Teachers give so much of themselves and when they are overwhelmed, exhausted and burned out, the district suffers – with higher insurance premiums, increased illness, chronic pain, doctor visits and increased turnover. It is my passion to support teachers, advocating to reduce their stress and improve their mindset so they can perform and reignite their passion for teaching.

In our “*Year of Mindful Wellness*” curriculum, we share ways to **Think, Eat, Move and Be Well** and help restore your staff to their best selves. We uncover the “what *was* and *is* your why” as a teacher, provide tips to jumpstart healthy habits, manage individual stress in ways that leaves them feeling: excited about work, engaged with students and colleagues, productive, empowered and successful. Oshkosh Area School District launched this program and won the **National Gold Award for Wellness** based on improved results in: overall health and well-being, weight loss, improved focus at work and home, less stress and improved sleep.

“Our faculty and staff experienced profound improvements in being happier at home and work, feeling better, not getting sick 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 our daily lives. “

– Diane Vogel, Oshkosh School District.

Our Mindful Wellness curriculum spends the first semester focusing on mindfulness with our **Think Well** strategies: learn to distance ourselves from stress, respond versus react, and rewire our thinking to more helpful thoughts. With on-site training and online practice programs, the mindfulness curriculum helps us “Break Up with Stress,” and reengage higher-level thinking, problem-solving and emotional intelligence. Options include: a kick-off with a keynote welcome back presentation in August – so your staff feels heard and supported by the administration. Intention-setting and mindful breathing practices in the first session help us create a practice and mindset that is empowering. The wellness wheel rounds out in 2nd semester with **Eat Well**, introducing nutrition strategies for healthy meals and snacks, combined with metabolism boosters. **Move Well** completes the series and get us moving as a way to take good care of ourselves, reduce stress, maximize consistent energy and improve restful sleep. We hope you will join the districts who have used this to increase employee well-being, job satisfaction, overall health, and connection with staff and students!

Please reach out with any questions or for further detailed information.

Be Well,

Kristin Johnson Bott, Mindful Wellness Coach | Presenter | Trainer

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