

# WORKPLACE WELLNESS

**WELLNESS TRAINING AND INSTRUCTION PROGRAM**



**GROW  
PERFORM  
LIVE**

### **Matthew Arnone of mindframe**

Matthew is a professional soccer athlete in the Canadian Premier League who holds a Bachelor's degree in Kinesiology and Health Science from York University, as well as an Applied Specialization in Mindfulness Meditation from the University of Toronto. He is also a Certified Strength and Conditioning Specialist (CSCS). His career has taken him to both international and domestic locations such as the United States, Italy, and across Canada. Matthew's drive for optimal performance in his professional career drove him to continue learning, which ultimately led to his passion for the true scope of human potential. mindframe integrates mindful practices into competitive environments to support growth and a healthier approach to high-performance.

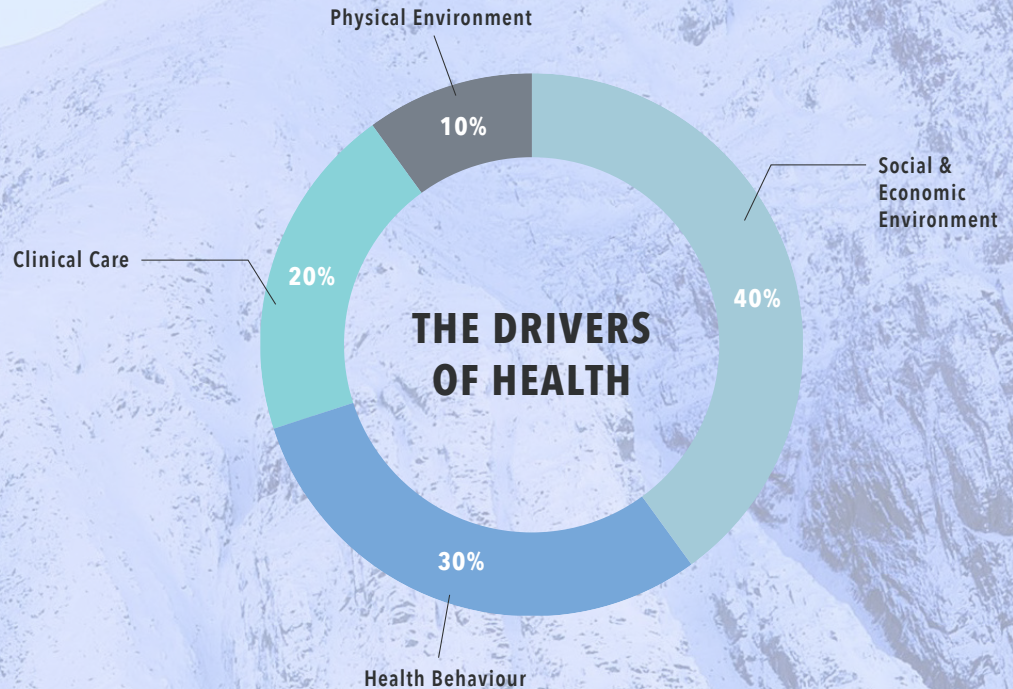


## THE PROBLEM

Providing essential healthcare plans to employees is one of the largest expenses companies incur. This reactive approach to health is not only costly, but insufficient in determining the overall health and wellness of employees.

## THE SOLUTION

We offer a cost-effective way of enhancing health behaviours, and the social and cultural environment at work. In addition to employee benefits, this proactive program provides a comprehensive approach to improving the overall health and wellness of employees, therefore reducing reliance on healthcare plans.







# GROWTH PLAN

Timeline: 6 months (1 session monthly)

\*The services we offer and the duration of each program are fully customizable to suit the various needs of each organization.

## AWARENESS FOR HEALTH

### Intro to Mindfulness & Intentional Movement

- Lay foundations of mindfulness in body and mind
- Use stillness and movement as medicine
- Provide tools and strategies to build consistent mental and physical health practices

## FINDING WORK-LIFE BALANCE

### Recovery Techniques for Body and Mind

- Create space in the mind and body for growth
- Gain understanding of habits and patterning
- Explore contemplative thinking
- Explore edges of movement (cont'd)

### Session 1

- Guided Breathing practice
- Body Scan
- Controlled Articular Rotations Upper

### Session 2

- Reflection Practice
- Controlled Articular Rotations Lower
- Loving Kindness Meditation

## **MANAGING & IDENTIFYING STRESS**

### **Tools for Resilience**

- Identify the stress response
- Explore therapeutic movements for balance
- Find solutions for emotional regulation

## **CONDITIONS FOR HIGH PERFORMANCE**

### **Goal Setting**

- Address motivation
- Challenge mind and body for productivity
- Create proactive health patterns

### **Session 3**

- Cross-Hemispheric Patterns
- Flushing Technique
- Noting Technique

### **Session 4**

- Reflection Practice
- Muscular Balance Strategies
- Addressing Chronic Pain
- Guided Visualization Practice



## **TRAINING ATTENTIONAL FOCUS**

### **Flow in the Workplace**

- Skillfully order attention to improve efficiency
- Improve workflow
- Improve neural physical literacy and drive

## **ENHANCING WORKPLACE CULTURE**

### **Using Gratitude to Support Success**

- Educate the benefits of team/group
- Create empathy, compassion within
- Reinforce strategies that improve recovery and resilience

### **Session 5**

- Progressive Muscle Relaxation
- Isometric Activation
- Open Meditation Practice

### **Session 6**

- Mountain/Pond Practice
- Gratitude Practice
- Mobility Session

# WORKPLACE INITIATIVES

**Support your employees by implementing any of the following initiatives:**

- Mindfulness Group (establish a group practice in the workplace)
- Daily Check-Ins
  - Journaling (supply employees with journals, perspective app, etc.)
- Integrate Wellness Daily
  - Designated Wellness Space (movement and stillness breaks)
  - Yoga Mats (for daily movement and stillness)
  - Hydration Promotion (e.g. marked water bottles)
  - Creating a Healthy Workflow (team and individual goal setting)
- Discounted custom health + fitness program for groups and individuals



# REVIEWS & FEEDBACK

“After going through both the introductory and advanced workshops I can confidently say I am much better equipped with new techniques and a deeper understanding of them that will allow me to integrate these as part of my life going forward. 10/10 would recommend!”

“Great introduction to very helpful re-focusing/ stress reduction techniques.”

“Really aided me in challenging my connection to my breath. With this newfound connection, I can also be more connected to my breath as a determinant of my mental state.”

“The stretches focused on people who do a lot of desk work (i.e., posture) and the breathing exercises were great. I also really like the 3 adjectives exercise.”

“I like how it was optional to be on screen. With our job, we have so many Zoom meetings, and it was nice to be able to do in the comfort of my own home with no judgement: just being in the moment.”

“This mindset can be transferred to our clients or coworkers, empowering them with the same skill set to make a difference in their lives. I would highly recommend this workshop.”