



Bauman Integrative Wellness

practice ▶ arts ▶ diversity

Integrative Wellness = Increased Productivity

CHALLENGE

Both executives and employees are finding it difficult to prioritize their mental and physical health.

The net effects of this are seen in the bottom line, as worker productivity is lower than average, and profitability is being impacted.

OPPORTUNITY

A strong focus on Wellbeing is critical for employee and executive retention.

As noted in a 2022 report from Deloitte, *“decisions relating to well being can have a significant impact on the culture of the organization, the way in which work gets done, and the people and places beyond the organization’s four walls.”*

You are only as strong as the health of your team!

APPROACH

Bauman Wellness creates a Whole Team experience through customized courses (*live and on-demand*) with ongoing facilitator & group support.

5 Wellness Practices

▶ eat, move, reflect, relate & serve ◀ are integrated with creative expression & diverse community collaboration to improve productivity, teamwork and resilience.

RESULTS

- ✓ Decreased missed days of work
- ✓ Higher levels of innovation
- ✓ Increased health and decreased disease
- ✓ Lower levels of anxiety and depression
- ✓ Stronger work-life balance



Contact us for more information about our Workplace Wellness Program

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www.baumanwellness.com