



# CULTIVATE JOY

## Wellness in the Workplace Program

It's a fact: a happy employee is more efficient and productive at work. In our current state of isolation, everyone's morale is affected. Many companies are now searching for ways to improve their mental health offering to employees. Given the government subsidies offered for training in the past year, employees are overwhelmed by all kinds of training programs. Instead, what we are proposing is a refreshing change of course!

Offer joy to your employees? Why not? This wellness program is founded on a range of mental health studies conducted in the past year, especially in companies. Studies have proven that a person needs six to eight weeks to form new neural pathways and bring about sustainable change in habits. Our program is designed to encourage the optimal integration of acquired learning.

The wellness program is offered in a choice of single or consecutive sessions. Each session includes teaching, practical exercises and tools. The program contains quantitative and qualitative indicators.

### Content

- 1 Wellness and resilience** • Understand what stress is – Be aware of the effect of stress on yourself – Mitigate its negative effects to achieve wellness.
- 2 Empathy and compassion** • Increase your connection to others and thereby prevent and alleviate anxiety and depression – Practice compassion and kindness toward yourself so you can do so toward
- 3 Joy and happiness** • Distinguish joy from happiness and pleasure – Recognize sources of joy – Experience joy through creativity and innovation.
- 4 Gratitude** • Change your frame of mind – Adopt a positive attitude toward all aspects of your life – Experience the benefits of keeping a diary.
- 5 Laughter** • Explore the principles of laughter yoga – Build on the memory of the body when laughing – Use these techniques during major work situations.
- 6 Joy in your professional life** • Initiate new habits of maintaining joy every day – Find its purpose, for you and the company – Promote a feedback culture – Align your goals with your personal obligations.

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Metaconscience offers professional services in coaching, mindfulness, mindful leadership and cognitive performance to individuals and companies, one-on-one or in groups. To obtain an offer tailored to your needs, email us at [laf@metaconscience.ca](mailto:laf@metaconscience.ca) or call **514 576-3287**.