

The logo for the Austin Business Group features the word "AUSTIN" in a serif font. The letters "A", "U", "S", and "T" are blue, while "I", "N", and "I" are red. A red swoosh underline starts under the "A" and ends under the "I". A blue five-pointed star is positioned above the second "I". Below "AUSTIN" is the text "BUSINESS GROUP" in a black serif font. At the bottom, the text "ON HEALTH" is centered between two horizontal lines.

AUSTIN
BUSINESS GROUP
— ON HEALTH —

Welcome! The meeting will begin shortly.

Announcements

- Thanks for joining!
- All participants will remain muted for the presentation
- Use the chat box for questions

Moderators for today's meeting include:



Tammy Killebrew – ABGOH Co-Chair



Cristina Garcia – ABGOH Co-Chair

Agenda



- Announcements & Introductions
- Presentation, “Workplace Mental Wellness: How to Start Changing & Supporting, featuring Partner Spotlight on People’s Community Clinic”
- Questions & Answers
- Closing Remarks

Today's Speakers



RECALIBRATE





**PEOPLE'S
COMMUNITY
CLINIC**

WELLNESS INITIATIVES

Austin Business Group Health



GETTING STARTED: BUILD PROGRAM FOUNDATION



EMOTIONAL

Building Resiliency
Counseling Access
Avoiding Burnout



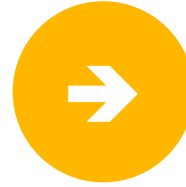
PHYSICAL

Fitness
Nutrition



FINANCIAL

Food Insecurity
Retirement
Advising



PURPOSE

Connection to Mission
Community
Individual Agency



**Leadership Behavior Modeling
(Training)**

**Work-Life Balance
(Operations)**



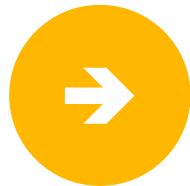
What is useful?

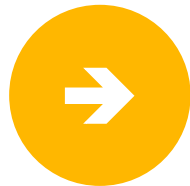


**What is realistic
(inclusive)?**

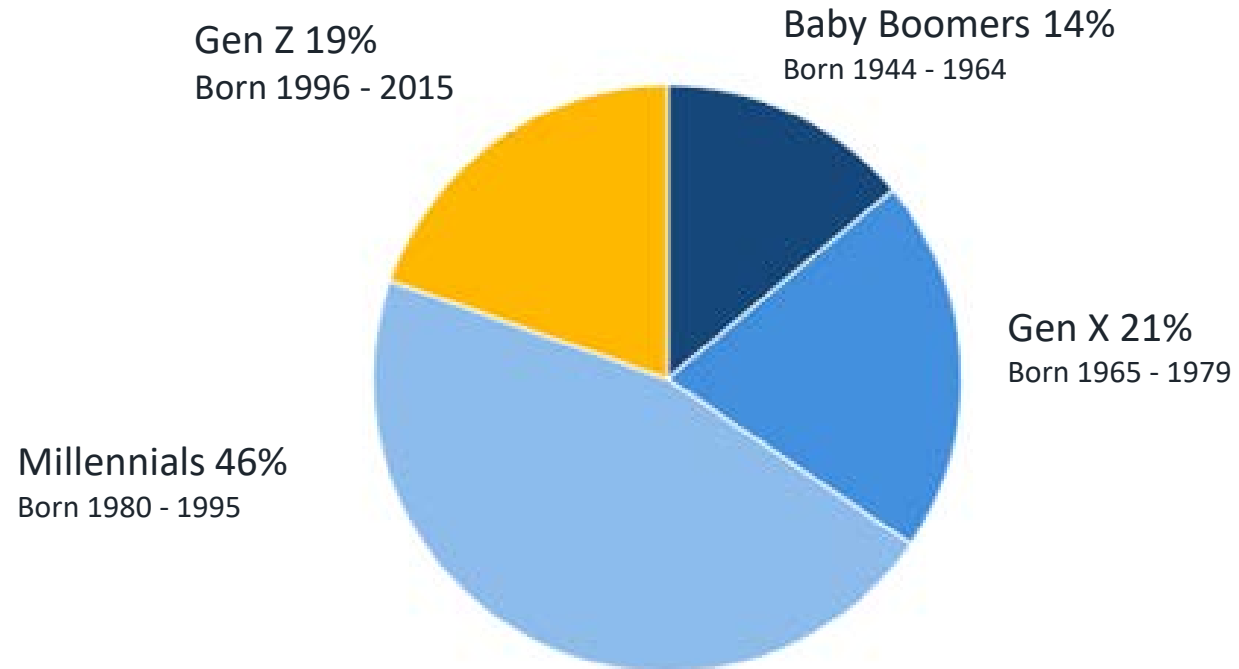


**How can we offer it
affordably?**



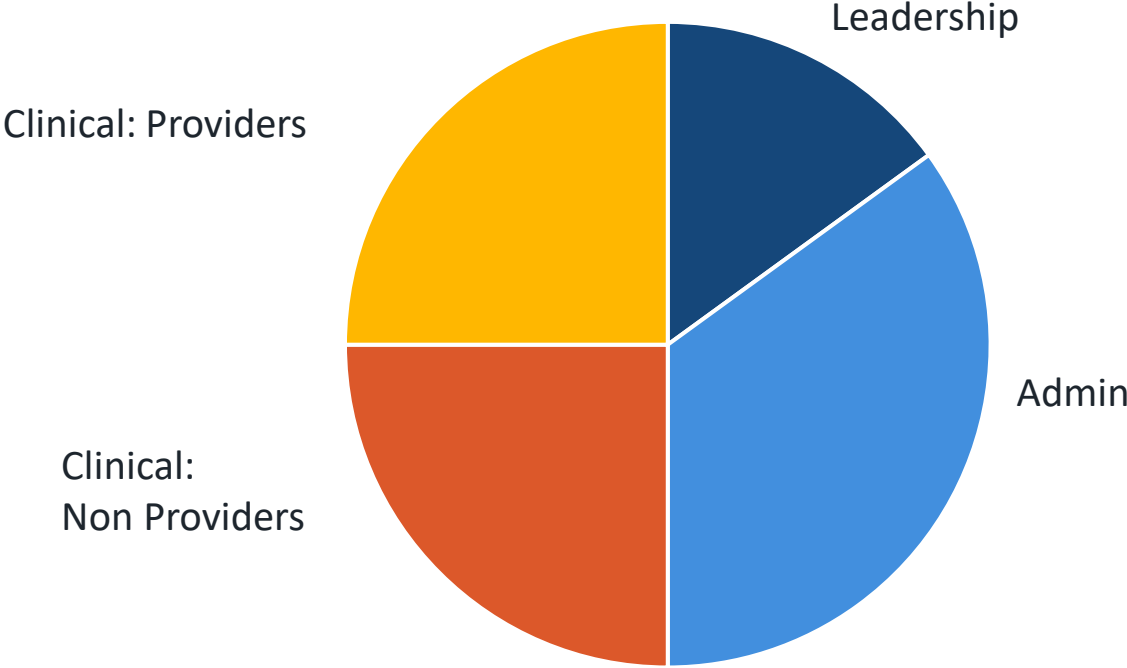


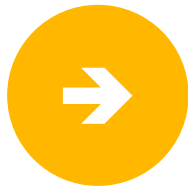
What is useful?





What is useful?





What is realistic (inclusive)?



Utilize surveys
Form a committee
Focus groups



How can we offer it affordably?

- Lean on broker, carrier and community relationships
- Explore existing carrier offerings
 - Wellness funding
 - Discount programs
- Employee Assistance Program (EAP)
- Guest speakers
- Online library of resources
- Internal policies
 - (relaxed dress code, special time off, flex schedule, emergency funds, pto donations, etc.)



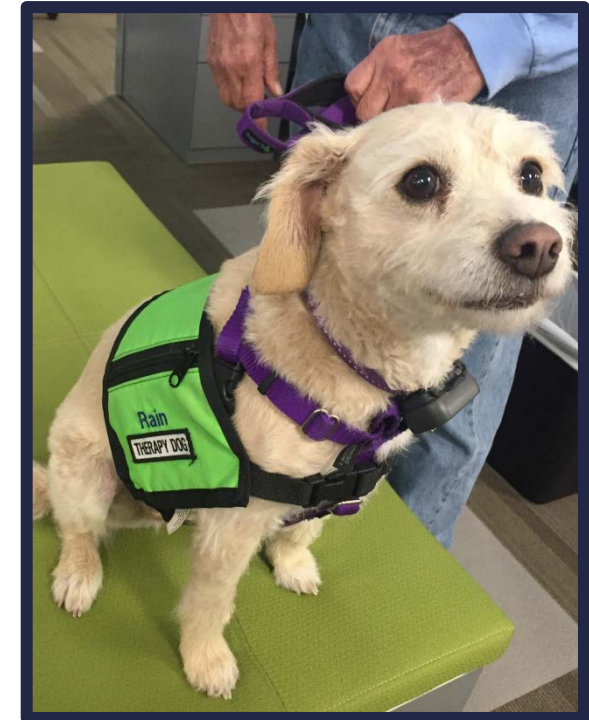
EMOTIONAL SUPPORT

Programs:

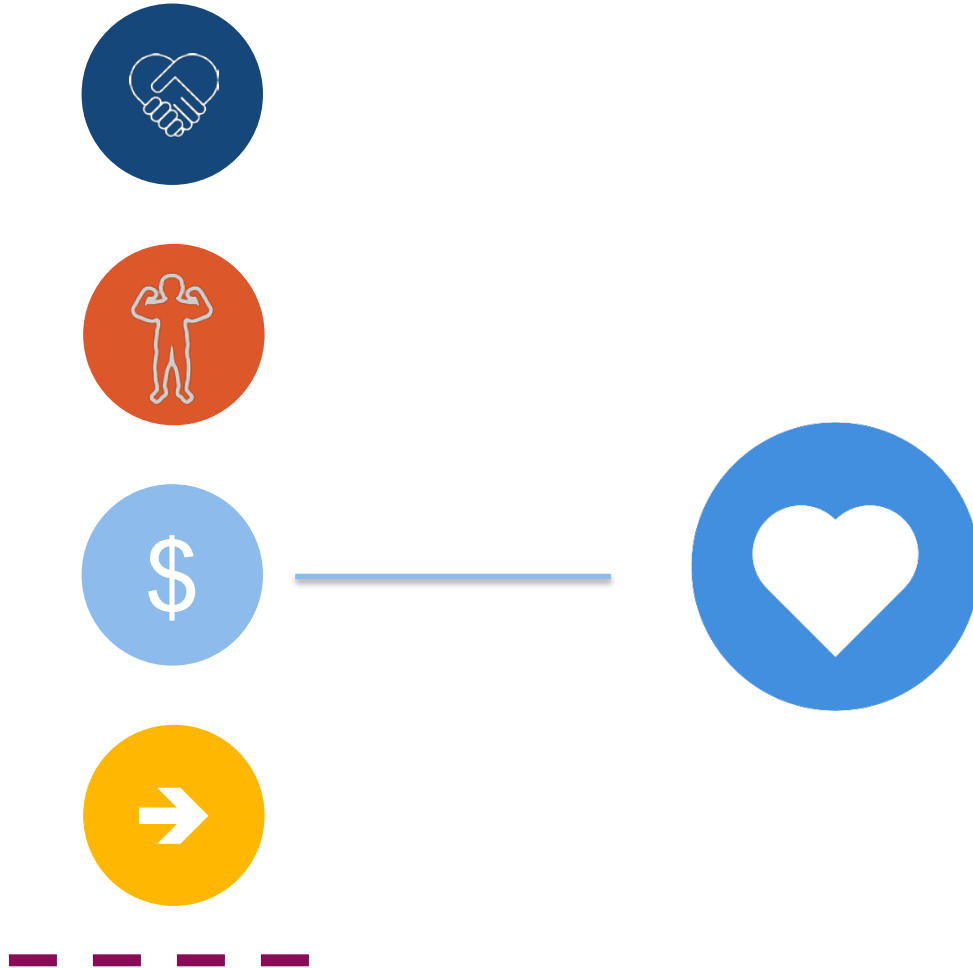
- EAP free counseling
- Resiliency Training
- Dog therapy visits
- Guest Speakers
- PCC-funded medical spending accounts

Operations:

- Relaxed dress code
- Flexible Scheduling
- Remote work options



Rain



SUPPORTING PURPOSE

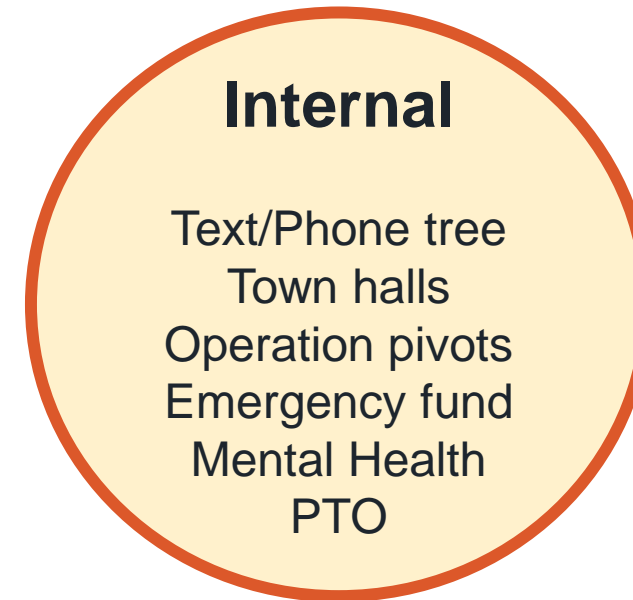
Connection to our mission

Connection to humanity

- Platform to share stories
- Virtual Town Halls
- Cultural awareness book giveaways
- Conference room takeovers
- Team Building
- Guest speakers
- Volunteering

Have a game plan for real-time response to one-time or temporary events

- COVID-19
- Violence in the community
- Threats to worksite



THANK YOU



The image is a composite of two scenes. The left side shows a dark, moody office space with a large potted plant in the foreground and a desk with a chair. The right side shows a bright, airy office space with a large window overlooking a city, a desk with a laptop, and a chair. A vertical gold bar separates the two scenes.

◇ RECALIBRATE

workplace mental wellness

how to start
changing & supporting



Gloria Chan Packer

gloria.chan@recalibratemind.com



RECALIBRATE

modern, science-backed & realistic approach to mental wellness for busy professionals

- Mental wellness educator, TEDx speaker, corporate leader (fmr Engagement Mgr in Fortune 500 tech strategy & implementation)
- Founded Recalibrate in 2018 after unexpected medical battle & discovery of gap in everyday mental wellness for high achievers
- Headquartered in Austin, TX - Recalibrate has worked with 20,000+ employees across global client orgs



approach & impact

guiding principles:



**Science
over stigma**

with education that empowers



**Relevance to
professionals**

with modern work & life applications



**Realistic tools
for everyday zen**

bite-size tools with tangible impact

impact snapshot:
(2H'2018 to present)

20,000+ employees
we've educated

85+ client organizations
we've partnered with
across the globe

4.8 ★ average employee ranking
of Recalibrate services
(out of 5.0 stars)¹

96% of employees reported
learning something new
from Recalibrate¹



¹Statistics collected from opt-in surveys executed immediately after, three months after, and six months after service delivery dates

standard services




Healthy Minds Meditations

Each group meditation provides guided mindful breath, body, and / or reflective meditation for stress relief, awareness, and balance. For all experience levels.

 15-min or  25-min

 Live, Virtual | **\$175** or **\$275**


 Live, In-Person | **\$375** (25-min only)





Healthy Minds Workshops

An expertly curated selection of mental wellness workshops delivering science-backed education, realistic work and life application, hands-on practice and actionable tools. See page 7 for list of standard workshop topics.

 45-min

 Live, Virtual | **\$1,075**



 Live, In-Person | **\$1,475**

 Add-on 15-min facilitated team discussion, reflection & insights | **\$300**




Healthy Mind-Body Meditation & Movement

These sessions go beyond seated meditation by syncing breath with gentle mobility movements and stretches, creating a workday break that delivers mental and physical presence.

 15-min or  25-min

 Live, Virtual | **\$175** or **\$275**

 Live, In-Person | **\$375** (25-min only)



Ask the Expert Events & Panels

Engaging, interactive events where we bring in an expert to hold a Q&A interview, allowing customization to topics relevant to your org and questions crowdsourced from your employees.

Cost starting at \$1,075 depending on selected expert(s), session scope, duration



Organizational Consulting & Internal Partnership

Tailored partnership for customized organizational support -- spanning mental wellness strategy creation, dynamic assessment, program planning and creation, and evaluation / analytics.

Custom pricing based on scope

Standard pricing listed above includes:

- Attendance for up to 500 participants per live event. If you expect more than 500 attendees, please contact our team for expanded attendance and pricing options
- For live virtual events, one week of online employee access to recording(s). If you'd like extended access to recorded resources, we recommend considering our new Asynchronous Online Learning Library Bundle (see page 6)

questions + contact

recalibratemind.com | info@recalibratemind.com



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Questions & Answers

- Use the chat box to share what you learned in the breakout session or to send your questions to our speaker.
- A moderator will read questions as they are submitted.



Closing Announcements

- Thank you to our speakers – Jessica Morris and Gloria Chan Packer!
- Today's presentation will be posted to the MHFC website.
- Session evaluation in the chat box.
- Apply for the 2022 Mayor's Health & Fitness Awards today! For more information, visit www.mhfcaustin.org.

See you at our next meeting on August 12, 2022.