



cultivating well-being™

Empowered people.
Energized performance.



Burnout is real—but it's not inevitable.

Go beyond self-care trends to address the core drivers of sustainable well-being in the workplace. **Cultivating Well-Being** helps individuals and teams reconnect to what fuels them, build habits that support energy and focus, and create environments where people thrive - not just survive. Through thought-provoking questions and deep reflection, this program helps individuals recognize what holds them back, shift their perspectives, and unlock new possibilities, empowering them to break free from limitations and step into continuous transformation.

What to Expect

- Assess your well-being across physical, emotional, mental, and relational dimensions
- Identify energy-depleting patterns and refocus on what fuels you
- Learn techniques for managing stress and preventing burnout
- Build sustainable habits that support focus, balance, and clarity
- Reconnect with what matters most - in work and life

Leave feeling energized, grounded, and prepared to lead well-being by example.

Cultivating Well-Being Group Training

Format:

Onsite: 4 hours

Virtual: 2.5 hours

Audience:

New Hires, Professionals
and/or Leaders

“It gave me practical ways to protect my energy and permission to treat well-being as part of my leadership.”

– *InteraWorks Participant*

Why it Works

Drawing on research from positive psychology, neuroscience, and behavioral health, **Cultivating Well-Being** emphasizes that well-being is a system - not a siloed practice. Performance improves when people learn to manage stress, regulate emotions, and prioritize what matters most. And when organizations normalize well-being practices, people feel more empowered, valued, and aligned.

Results You'll Feel + See

For Individuals



- Greater self-awareness of energy patterns and personal needs
- Tools to prevent burnout and recover from overwhelm
- Increased emotional regulation and stress resilience
- Renewed sense of purpose and clarity
- Sustainable routines that support daily well-being

For Teams



- Stronger team culture grounded in empathy and care
- Reduced burnout and absenteeism
- Higher engagement, creativity, and focus
- More supportive collaboration and communication
- A healthier workplace environment that attracts and retains talent

Quantum Leadership

This program is part of the **Quantum Leadership** Suite - an advanced development suite designed for leaders ready to meet the demands of a rapidly changing world. Rooted in awareness, intuition, and intentional action, each program in the suite helps expand leadership capacity from the inside out. These experiences empower individuals and teams to lead with greater clarity, confidently navigate complexity, and drive meaningful transformation across their organizations.

Continue the Transformation!

All participants gain access to **InteraLabs™** - complimentary, live learning sessions that explore emerging topics and reinforce learning through dialogue, experimentation, and ongoing growth. Stay connected, curious, and courageous!