

SMALL ACTS OF WELLBEING

A 6-Week Staff Wellbeing Challenge for Organizations

What if your team already knows what nourishes them? They do. They sense when collaboration feels genuine versus forced. They know the difference between a workplace that energizes and one that depletes. They just need permission to trust what they already know.

The Challenge

Most wellness programs add more rules to already overwhelming schedules - more tracking, more shoulds, more guilt when life gets in the way. This program does the opposite. Your team reconnects with what they're already doing: drinking water between meetings, taking a breath before calls, noticing what actually restores them. No added burden. Just fuller attention to what already exists.

The 6-Week Journey

Week 1: Hydration - Bringing mindful attention to your body's most basic need

Week 2: Mindful Eating - Noticing what truly nourishes through gentle awareness

Week 3: Joyful Movement - Tuning into what already feels good in your body

Week 4: Restful Sleep - Honoring the restoration your body is asking for

Week 5: Presence - Anchoring yourself in the present moment, even amid chaos

Week 6: Connection - Bringing conscious presence to relationships that matter

What Participants Report

"It's like a mini retreat!"

- Mindfulness Teacher and Practitioner

"The way in which the small actions every day were worded helped me depart from the conventional way wellbeing goals are proposed, and re-orient myself to put everyday actions in a new perspective. This subtle shift is such a powerful way to present mindfulness."

- Program Participant, Legal Services Firm

"An easy integration into work that has huge benefits for fostering and maintaining wellness and self care habits."

- Program Participant, Legal Services Firm

Program Snapshot

Duration: 6 weeks

Format: Digital platform + weekly live sessions via Zoom

Time Commitment: Start with just a few minutes daily + 30 minutes weekly

Platform: Mighty Networks (private, secure)

Next cohort: Forming now

About

Fran Benedict, BS Health Promotion & Behavior (University of Georgia), has spent nearly 20 years in wellbeing and health promotion, designing and facilitating programs for organizations including Pinterest, Stanford Continuing Studies, and supporting programming at Dreamforce. She's learned that sustainable change doesn't come from prescribing behaviors - it comes from helping teams reconnect with their own wisdom. That's how individuals become a team.

Ready to explore whether this is a fit for your team?

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This program is educational and does not provide medical advice, diagnosis, or treatment.