SMALL ACTS OF WELLBEING

A 6-Week Staff Wellbeing Challenge for Organizations

SIMPLY MINDFUL

What if your team already knows what they need to thrive? 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 and space 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

“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, Law Firm

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

- Program Participant, Law Firm

“The afterglow was lasting - employees still remark on the program months later.”

- Law Firm Owner

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 lasting wellbeing 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.