SMALL ACTS 1:1

Personal Wellbeing Support for Every Employee

What if your team already knows what they need to thrive? They do. They sense what drains them and what restores them. They just need space to be heard, and permission to trust what they already know.

The Approach

Most wellness programs speak to everyone at once. Small Acts 1:1 meets each person where they are. Every employee gets a confidential space to talk about what's really on their mind - energy, sleep, stress, the weight of things outside their control - and leaves with simple, doable steps.

It begins face to face, because real support starts with a real conversation.

The 3-Session Journey

Session 1: Getting Started (in person, 45 min) - How each person is really doing, and one simple first step to begin right away

Session 2: Your Personal Plan (Zoom, 45 min) - About a week later, a personalized plan built around what's landing

Session 3: Check-In (Zoom, 30 min) - Two weeks later, noticing what's working and adjusting from there

Leadership Themes Summary - An anonymized snapshot of common themes across the team, with practical ideas for support

The Power of Small

Want big shifts? Start small. Seriously small.

Research shared by UC Berkeley's Greater Good Science Center shows that showing up often matters more than doing a lot at once, and that tiny, repeated practices can ease stress and lift mood on their own. Every Small Acts 1:1 journey begins with one simple step, with room for everything else to unfold naturally.

Program Snapshot

Duration: About 4 weeks

Format: 1 in-person session + 2 Zoom sessions per employee, with fully in-person options for Nashville-area teams

Time Commitment: About 2 hours per employee, in total

Scheduling: Employees book their own times online

Confidentiality: Leadership sees patterns, never people

Ideal For: Teams of about 10 to 25

In Practice

Small Acts 1:1 has been delivered to a Nashville small business, where leadership used the themes summary to better understand and support their team.

"Fran was amazing during our meetings. She makes you feel heard and seen. She was insightful and really put thought and effort into my personal needs. I felt energized by our meetings and appreciate the different perspectives she has on life. 10 outta 10, would definitely meet with her again."

- David Brooks Jr., Program Participant

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 people reconnect with their own wisdom, one conversation at a time.

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

Fran Benedict | fran@simplymindful.com | 619.218.7271 | simplymindful.com

This program is educational and does not provide medical advice, diagnosis, or treatment. It is not therapy or a clinical service.