



Fast Forward Maine Conference – Attendee Offer

Now is the time for compassion and to focus on your employee experience. Your actions will be remembered long after this crisis has passed.

Mindful Employer supports you in 3 ways:

Mindfulness Training Sessions

- Empower your employees and promote emotional wellbeing.
- Practices are grounded in neuroscience, shown to increase resiliency and reduce stress.
- Customized for your work environment.
- Move from reactive to responsive.



Leadership Circles

- Elizabeth will lead or join compassionate weekly check-ins with your team to build deeper connection – customized to your needs (15-20 minutes)
- Learn mindfulness practices to boost your resiliency and wellbeing.
- Close the meeting with a motivational reading.

Employee Experience Pulse Check

- Most leaders want meaningful connections with their employees, yet they may lack framework for initiating the conversations and sustaining engagement and growth.
- The Mindful Employer Pulse Check survey is grounded in engagement best practices and goes further to include wellbeing and diversity. Our insightful reporting helps you prioritize and act, based on the voice of your employees.

My mission is to improve your employee experience. Pricing will be scaled to your circumstance – no questions asked.

Start the conversation. You can reach Elizabeth by email or phone.