

Beyond Webinars: Calm Workshops Elevate Employee Development

What are Calm Workshops?

Calm Workshops are exclusive, interactive and engaging forums to learn and grow through shared experiences. Workshops weave together dynamic facilitators, motion graphics, real-time discussions, exclusive workbooks, and in-app content to drive engagement.

- **Variety of workshops:** Diverse catalog of mental health education and skill-building topics, focused on health & wellness, leadership, DEIB* and more
- **Expert-led:** Developed and led by Calm's in-house team of health and wellness coaches, certified in key evidence-based areas like MBSR**
- **Action-oriented programming:** Built on proven adult learning techniques for personal and professional development

With Calm Workshops, you make it known that you care about your employees' well-being as well as their personal and professional development.



Every Calm Workshop includes:



Lessons aligned with in-app Calm content



Audience participation and interaction



Reporting and insights



Resource guides and workbooks



Applied learning and reflection

*DEIB: Diversity, Equity, Inclusion and Belonging

**National Board Certified Health & Wellness Coach, Mindfulness Based Stress Reduction (MBSR) therapy & International Coaching Federation

Why Calm Workshops?

MENTAL HEALTH LITERACY

Create a shared space to build self-awareness and community

- Foster mental health literacy across your organization, reinforcing belonging to positively enrich workplace culture
- Develop a common language and set of activities that individual contributors, managers and teams can focus on together

UNPARALLELED KNOWLEDGE

Uncover workforce insights to support the needs of your organization

- Receive real-time, anonymous survey data to gauge overall employee sentiment after each workshop
- Utilize the data to inform future Workshop topics, Pathways to launch, engagement strategies to share, and relevant programming to stay ahead of your employee needs

LEADERSHIP DEVELOPMENT

Cultivate mindful managers and leaders

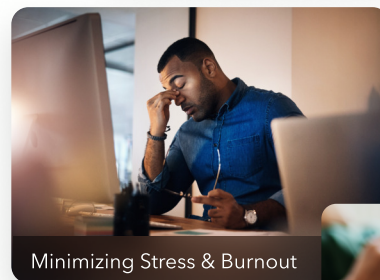
- Empower your leaders with insights, tips, and tools to support employees' mental health and create a safe and supportive environment
- Drive conversations with managers around principles such as "Leading Cultures that Create Work-Life Balance" and "Designing a Team Alliance"



Designing a Team Alliance



How to Create Work-Life Balance



Minimizing Stress & Burnout



Bringing Well-Being to Life at Your Workplace through DEIB

Plan your programming throughout the year: All Hands • Town Halls • ERGs • Team Meetings



Workshops

One Year Packages

STARTER	STANDARD	PREMIER	PREMIER+
1 Health and Wellness workshop	6 Health and Wellness workshops	12 Health and Wellness workshops	24 Health and Wellness workshops
1 Leadership Development workshop		3 Leadership Development or DEIB workshops	6 Leadership Development or DEIB workshops
		Mindful Manager + future programs	Mindful Manager + future programs
			Designated wellness specialist



Enhance your workshop with an add-on



15-minute Calm app tour



15-minute live meditation



15-30 minute live movement

"Fantastic introduction to the practice and great supporting materials to guide and encourage broader use within the organization."

BlackRock

"Really solid insights on building a strengths-based culture. I appreciated the examples of strengths to get our creative juices flowing."

Ketchum

Trusted by more than 3,500 organizations globally

