



# WOODHULL WELLNESS

MEDITATION AND CORPORATE  
WELLNESS COMPANY

*How to Think Deeply, Communicate Clearly,  
Perform Effectively*



# Who is Woodhull Wellness

Woodhull Wellness offers tangible mindfulness tools to elevate organizations and their employees. We empower people to utilize data-driven mindfulness and meditation techniques to become more productive. Through these tools, employees learn to navigate the modern business scape efficiently and respond more thoughtfully to stress, an adversity. The result is a sense of peace, joy and clear thinking.

Woodhull Wellness helps organizations develop employees for long term success. Mindfulness and meditation workshops reduce workplace burnout and develop a common language amongst co-workers



# You're here today because you...

- need new ways to manage stress.
- want learn how to effectively control stress and anxiety , become a better communicator and more efficient in the workplace.
- strive to change the way your mind processes adversity.

# You're here today because...

If you don't solve these problems, you will feel tired, burnt out, unproductive, stressed, anxious and unhappy.

It does not have to be this way; it is possible to change the way your mind manages everyday challenges.

Learn meaningful ways to manage stress and anxiety, become more productive, become a better communicator and seek the joy of being alive.



# PROBLEMS WE SOLVE

- Help employees feel cared for
- Manage stress and anxiety
- Increase productivity
- Develop a common language amongst peers

Woodhull Wellness offers tangible mindfulness tools to elevate organizations and their employees. We empower people to utilize data-driven mindfulness and meditation techniques to become more productive, better employees.



# OUR MAIN GOAL

Woodhull Wellness is all about realistic self care and data-driven teaching techniques. **The goal is to support people in meaningful and realistic ways through mindfulness, meditation and movement.** With these tools, people learn to navigate the modern business scape efficiently and respond more thoughtfully to stress and adversity in all areas of their life.





# WHO YOU'LL BE WORKING WITH

“ In offering personal and group meditation guidance, I hope to provide adults and business professionals with an opportunity to change their relationship to stress and adversity. I hope to elevate people and corporations to meet their potential. Modern employees deserve to feel cared for and supported to grown personally and professionally within their organizations. Face-to-face learning encounters aims to foster spiritual wellbeing, connectedness amongst peers, and mental health in the corporate and private spheres. ”

- Molly Woodhull, Founder



# WHO YOU'LL BE WORKING WITH

Molly Woodhull, Founder of Woodhull Wellness

Molly received a Bachelor's of Science Degree from the University of Denver and still teaches meditation for alumni. Molly accepted a teacher certification from Duke University's The Center for Mindfulness and proceeded to help build the mindfulness institute. Molly has completed Mindfulness-Based Stress Reduction Training, Compassion and Cultivation training from Stanford University, and graduated from the YNG + iLAB: Innovation and Disruption lab from Harvard University. Molly worked in wilderness therapy and in spinal cord injury recovery before starting Woodhull Wellness in 2017. Since 2017 Molly has supported the community by working with Denver Public School, University of Denver, Shyft Mile High, Boulder Community Health, City and County of Lakewood, PopSockets and many more.

Molly combines her passion for wellness with her desire for life long learning to bring a unique holistic experience.





# Who We Work With

## *BUSINESSES*

Reduce stress and anxiety in your work environment through meditation. Our workshops will engage your employees, increase productivity, and establish strong rapport amongst team members and disciplines.

## *EDUCATORS*

Lead strong with a positive foundation. Our workshops will ground you to develop clearer communication, concentration, and problems solving. Learn to incorporate mindful meditation in to your specific teaching environment.

## *HEALTHCARE*

Exclusive support customized for you and your healthcare group including doctors, nurses, and administrative staff. An intimate, deep dive into meditation and wellness, bringing you balance and connection.



# WHO WE WORK WITH







# MOLLY'S METHOD

At Woodhull Wellness, we aim to inspire positivity and clarity in decision-making. We lead individuals toward building an essential toolkit of meditation techniques to improve life in and out of the office. As a yoga teacher, meditation guide, and wilderness immersion expert, Molly boasts a dynamic understanding of wellness.

Through live instruction , online learning platforms and group-based exercises, Woodhull helps her clients achieve peace of mind while increasing productivity, accountability, clarity in decision-making. Her method inspires positive communication through the development of a common language. With flexible scheduling and course materials tailored to meet the specific needs of clientele, Woodhull Wellness gives your employees the tools to be personally and professionally successful.

# MOLLY'S METHOD

We tailor custom solutions for your business in a personal way. With each engagement, we customize our program to the unique needs of your business to get to the core of what motivates your employees.



# Triple Bottom Line



*In our experience, our clients find great value in improving their triple bottom line.*

*People, profit, planet.*





# Triple Bottom Line

*We've found, our triple bottom line approach helps attract, retain, and promote employees.*

The triple bottom line (TBL) is a framework or theory that recommends that companies commit to focus on social and environmental concerns just as they do on profits. The TBL posits that instead of one bottom line, there should be three: profit, people, and the planet. A TBL seeks to gauge a corporation's level of commitment to corporate social responsibility and its impact on the environment over time.

*People, profit, planet.*





# Leverage your Triple Bottom Line

Helping organizations leverage all three aspects of the **triple bottom line** *people, profit, and planet.*

What if we could be productive in our work place, make more money in less time and feel better on an everyday basis?



# THE BUSINESS CASE FOR WELLNESS

*Workplace Wellness = Greater Success*



# THE BUSINESS CASE FOR WELLNESS

## Increase wellness, decreased spending

- \$300 B is the cost of stress in the workplace - American Institute of Stress
- 86% wellness programs reduce healthcare costs - Harvard Business Review



# THE BUSINESS CASE FOR WELLNESS

"You, the employer, have the opportunity to be the catalyst for success in your organization by supporting your team. Gain a competitive edge by investing in you and your employees' continued education." - Molly Woodhull, Founder of Woodhull Wellness





# WORKPLACE BURNOUT : THE BUSINESS CASE FOR WELLNESS

"After 7 weeks, employees reported increased mindfulness skill including a heightened awareness of the present moment, improved focus, paying attention to physical tension, not acting without thinking, and less preoccupation with the past and future. Similar to the first study, they also noted improvements in sleep quality." - Mindful.org



# THE BUSINESS CASE FOR WELLNESS

"The human mind is a wandering mind, 46.9 % of the time. And a wandering mind is an unhappy mind. The ability to think about what is not happening is a cognitive achievement that comes at an emotional cost." - Harvard Business School; Matthew A. Killingsworth and Daniel T. Gilbert\*



# THE BUSINESS CASE FOR WELLNESS

"A regular meditation practice helps to improve overall happiness, self-awareness and patience. Big corporations like AOL and McKinsey & Co. have experienced increased sales performance, proving that what's good for the mind and spirit is good for the company's bottom line" - Huffington Post



# THE BUSINESS CASE FOR WELLNESS

"Companies like Google, Yahoo and Apple actively support mindfulness training for their employees. They've found that mindfulness helps them function more technically and be more lean and agile. Those leaders who practice mindfulness have fresh eyes for different solutions, and this helps them reach the next level needed for their industry." - Forbes Magazine



# SERVICES YOU RECEIVE

- 1. Mindfulness and Meditation group workshops**
- 2. Online Resources**
- 3. Yoga and Movement**
- 4. One-on-One Coaching Support**

We design valuable wellness programs with you to ensure the best possible outcome. These programs include corporate meditation workshops, yoga, and individual mindfulness coaching. Here are some examples of programs out can consider...





# SERVICES WE OFFER

## **Corporate Mindfulness Meditation Workshop Series.**

Woodhull Wellness provides 6 month 8 month and 12 month evidence based workshop series. Within these workshops, we provide 20 minute drop-in meditation sessions and 10 minute all company meditation sessions.



# SERVICES WE OFFER

## **20 minute Drop-in Meditation Series**

Our evidence-based mindfulness series permits participants to receive 20 minutes of live mindfulness and meditation guidance on a cadence that supports your employees ( weekly to monthly drop ins) Its recommended to provide this offer for 6 to 12 month





# SERVICES WE OFFER

## 10 Minute All Company Meditation

10 mins of meditation during each all company meeting is advantageous two fold, connectedness amongst coworkers and productivity.



# SERVICES YOU RECEIVE

## Yoga and Movement

Vinyasa Flow Yoga Classes: Lay the foundation for your practice by engaging in the fundamentals of Vinyasa flow, a yogic approach focused on coordinating movements of the body and the breath. 20, 30, 60 minute sessions available.

Chair Yoga: Struggling to carve out studio time during the workweek? Chair yoga can be practiced in the comfort of one's workspace, making it the ideal solution for the desk-bound yogi. 10,15, and 20 minute sessions available





# SERVICES WE OFFER

## 1 Day Wellness Retreat

Take a personal or professional development day and reconnect with the self and the breath through meditation. Retreat activities include walking meditations, mindful eating practices, yoga and movement, diaphragmatic breathing, and silent meditation practice.





# SERVICES YOU RECEIVE

## **One-to-One Coaching**

Our Individualized mindfulness coaching is designed to help clients improve aspects of their lives that they aspire to change or enhance. Each one-to-one coaching session is 30 - 45 minutes tailored specially to the client's needs.



# DATA DRIVEN, HUMAN FOCUSED

The mindfulness and meditation courses with Woodhull Wellness are designed for people in the work place. Science, research and Molly's personal education through The University of Denver, Stanford, and Duke University are intertwined into the make up of the course.

In harmony with Molly's knowledge and experience, she has developed a highly intentional and digestible mindfulness course that contains a set of skills to transform people into happier, better employees. All of the knowledge and skills learned in Woodhull Wellness Programming are transferable to an employees' life in and out of the office, confirming corporate dedication to employee health and wellness.



# WHAT OUR CLIENTS ARE SAYING



Molly was great. We brought her in to do some cross-training with our financial advisors. She immediately brought a sense of calm and really impacted the energy in the room. Her techniques were simple and tangible. The feedback from our advisors was positive, and they felt confident they could put her meditation techniques into practice immediately. Thank you, Molly, for giving our financial advisors new tools to re-set their day and increase focus! We can't wait for our next session.



- Kristen LaBate, Partner, Talen  
Acquisition New York Life\*



# WHAT OUR CLIENTS ARE SAYING

“Molly is a wonderful teacher, she is kind and well educated. She captures the attention of the room with her passion and a soothing voice!”

-Darlene H Woodhull LLC





# WHAT OUR CLIENTS ARE SAYING

“ My company continues to benefit from the Woodhull Wellness Mindfulness course, people are still talking about their takeaways 5 months later. Thank you! ”

-Susie W. Woodhull LLC



# WORKPLACE BURNOUT : THE BUSINESS CASE FOR WELLNESS

"Work-related stress and job burnout are among the leading causes of poor physical and mental health, with many workers suffering from anxiety, depression, and exhaustion. In recent years, numerous stress management interventions and mindfulness-based workplace programs have come to the rescue, promising less stress. But do these programs work? Two new studies say 'yes'" - Mindful.org





# THE BUSINESS CASE FOR WELLNESS

"With proven success in the workplace and studies that show how meditation changes how the brain processes information to better manage stress and anxiety, it's no wonder that more and more companies are jumping on the workplace meditation trend. Whether that's a space for mindful activities or guided meditation sessions, companies that offer these programs in-office experience improved productivity, higher attendance and increased employee happiness. It's no surprise that workplaces looking to reduce stress and improve the lives of their employees are including mindfulness meditation to their wellness offerings" - Huffington Post



# THE BUSINESS CASE FOR WELLNESS

"Training the mind to focus is undoubtedly beneficial to productivity when studies show that the average attention span is now 8 seconds thanks to the fast-moving, technology-obsessed society we live in. So not only does employee performance improve, but studies have shown that a regular meditation practice reduces stress and anxiety in the brain." -Huffington Post



# MINDFULNESS GIVES A COMPETITIVE EDGE: THE BUSINESS CASE FOR BUSINESS

"Research has shown that our minds are wandering most of the time. We are really living very unconsciously. Even though the training of the mind is a simple practice in theory, it is not that easy to do. I find that people are very quick to realise that their mind is always either in the past or the future. This is a problem and it can mean that people are making rash choices and bad decisions at work." - O'Malley, Independent.ie

"Through practical exercises, such as watching the breath or being aware of sounds, O'Malley says that people can learn to pay closer attention to what is going on around them and improve their performance in the workplace as a result." - Fiona McBennett, Independent. ie



# MINDFULNESS GIVES A COMPETITIVE EDGE: THE BUSINESS CASE FOR BUSINESS

"Due to the various devices we all have now, our attention spans are extremely limited. Through practising mindfulness, people can learn to calm their minds so that their ability to focus and concentrate on the task at hand improves. I think we are at a tipping point now. The cost of stress has become a reality and employers want their staff to be happier...**For us, mindfulness and well-being links back to the business strategy, so it's not peripheral**, it's core to ensuring that our employees are able to take care of themselves, while delivering for customers," - Rachel Mooney, Vodafone Ireland's HR director of Independent.ie





# SERVICES WE OFFER

## Corporate Mindfulness Meditation Workshop Series.

Woodhull Wellness provides 6 month 8 month and 12 month evidence based workshop series. Within these workshops, we provide 20 minute drop-in meditation sessions and 10 minute all company meditation sessions.

Participants learn the practice of mindfulness, enabling them to perform more effectively at home and at work. Each meeting includes in-office group meditation and discussion. We design valuable wellness programs with you to ensure the best possible outcome, each session is tailored to your organizations needs.

Research from The Duke University Center for Koru Mindfulness and the Stanford Compassion program are the backbone of this mindfulness series.

Instruction and guided practice of new mindfulness techniques, is incorporated in to each class. Breath focused meditation and skills such diaphragmatic breathing and micro-meditations are taught throughout this series.





# SERVICES WE OFFER

## 10 Minute All Company Meditation

10 mins of meditation during each all company meeting is advantageous two fold, connectedness amongst coworkers and productivity.

Both connectedness amongst coworkers and to the company as a whole are imperative for long term success. Investing 10 minutes of meditation to the growth and continued advancement of employees during company huddles will increase loyalty and overall job satisfaction.

Additionally, this 10 minutes will make employees feel cared for and connected to their peers. 10 minutes of meditation will increase the brain function of each participant. Meditation encourages the movement of oxygen to the brain. The result is clear thinking, a sense of calm and an ability to communicate more skillfully.

Each 10 minute meditation will be different and will build on top of the previous session. I will teach breath focused mediation, deep belly breathing, diaphragmatic breathing, visualization, body scans, meditation poems etc. Each session will end with a take away tip for being healthier, happier and more productive in the work place.



# SERVICES YOU RECEIVE

## One-to-One Coaching

Our Individualized mindfulness coaching is designed to help clients improve aspects of their lives that they aspire to change or enhance. Each one-to-one coaching session is tailored specially to the client's needs.

We address adversity that affiliates with personal and professional life. Mental health and wellness, stress, anxiety, and productivity are some of the most popular pain points we address in coaching.

Mindfulness and meditation techniques teach along with each pain point we address in coaching.





# SERVICES WE OFFER

## 20 minute Drop-in Meditation Series

Our evidence-based mindfulness series permits participants to receive 20 minutes of live mindfulness and meditation guidance. Molly spends 1-5 hours teaching 20-minute drop-in mindfulness classes each time she visits the specified location. This provides employees multiple time-slots to learn new mindfulness techniques within their workdays.

Participants will be introduced to the practice of mindfulness, enabling their minds to perform more effectively at home and work. Each day will focus on teaching a new meditation. We aim to build people a tool kit of meditation techniques to think deeply, communicate clearly, and perform effectively.

The duration of the opportunity is intended to last between 6 and 12 months via in-person teaching or video chat. Repetition and continued access to a teacher is essential for providing long term impact.





# LET'S CONNECT

Molly Woodhull Founder, Woodhull Wellness

Email: [molly@woodhullwellness.com](mailto:molly@woodhullwellness.com)

Phone: 937-361-4546



@woodhullwellness



@woodhull-wellness



@woodhull-wellness