



Run Hard. Rest Well.

Champions Rest. Equips Leaders. Transforms Lives.

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A Rest That Works

Is your team tired of being tired? Simple and strategic, evidence-informed **Restorative Wellness** empowers leaders and their teams to create a pace and passion for work and rest that is life-giving, transformative, and sustainable. Compelling, practical, and fun, **A Rest That Works** workshops, staff retreats, and initiatives breathe life into organizations coast-to-coast, in person and online.

Additional seminar options include: **Lead the Change** and **A Rest That Works 2.0**

Workshops, Staff Retreats, Conference Keynote

***In Person** and **On-line**

| | | | |
|------------------|---------------------------------|--|------------|
| 60-90 minutes | Compelling Introduction | A practical introduction that captures the heart (The Why) | \$1,500 |
| Follow Up | Cultivate Cultural Change | First Steps is a Resource Bundle/coaching offered FREE for 2+ hr. events | |
| 2-hours | Explore the Why & How | Eye-opening and reflective, with ready-to-use tools (Why-How) | \$2,000 |
| 3-4 hours | Classic: Why. How. Wow! | Refreshing, insightful, transformative, fun, team-building | \$3,000 |
| 5-10+ hours | Premier/multi-day options | All of the above—and more. A rich, rewarding experience | \$4,000+ |
| A PD series | <u>Professional Development</u> | 2 to 4 (30-60-min) events that are progressive & high impact | TBD |

***Nonprofits:** We are committed to serving your team!
Reduced fees for **Zoom Events**. **Ask about Keynote Prices**

***Note:** Add travel expenses and
\$10 per/participant for over 50

Learning Objectives

Participants will:

- Understand the power, practice, and brain science of Restorative Wellness
- Recognize and redefine the impact of cortisol overload
- Gain clarity on the impact of Change Theory and how new social norms lead to transformation
- Leave with a personal strategic plan for restorative practices that position people for a lifetime of vibrancy and good work
- See **Page 3** for additional event information

What Leaders Are Saying

The message and the simplicity are extraordinary.

-CEO of an International Organization

So grateful! This message is refreshing and refined. High quality. A joy to experience and now live.

-Executive Director of a nonprofit

Since our staff enjoyed our Run Hard. Rest Well. retreat, we have all had amazing conversations about the little changes we are all making in our daily routines and the follow up support has been invaluable.

-School Administrator

This is exactly what we need to hear that we don't know we need to learn.

-Business Leader

So often, when we have these kinds of events, it ticks everyone off because it is such a waste of time. THIS WAS NOT A WASTE OF TIME. Thank you so much! This is exactly what I needed.

-Elementary School Teacher

Cultivating a Community Commitment

Keep the Conversation Going

Content is not curative. What we KNOW does not change us, but what we DO, does. At **Run Hard. Rest Well.**® we know that change happens with small steps in the right direction. To start taking small, steady steps in the right direction, our follow-up material prioritizes

- Self-awareness
- Personal reflection
- Meaningful conversations
- Great questions, encouragement, and gentle accountability to move the dial on our fatigue

Your team will start with a Run Hard. Rest Well.® (RHRW) “igniter” event - a staff workshop, retreat, or the RHRW video series. Once that event is in the rearview mirror, the WORK of learning how to REST WELL begins. As your team recognizes the value of a commitment to strategic “bucket refill,” a Community Commitment will form and inspire real and lasting change.

As a leader, you will be embarking on a lifetime of facilitating life-giving conversations with your team, as well as those you love, serve, and influence. Run Hard. Rest Well.® seeks to offer wrap-around support for what you want to see transpire in the lives of your people. To make this happen, our **First Step Bundle** is designed to keep the conversation going around Restorative Wellness.

First Step Bundle

- Implementation Coaching for key leaders
- Quick Question Guide
- Quick Quotes and Questions
- Take Ten Staff Meeting Guide and Handouts
- The 6-Question Inventory and the 4-Bucket Inventory

Keeping the Conversation Going

Taking time for intentional conversations about Restorative Wellness creates momentum, new social norms, and offers an organizational perspective that says, “This is how we do life around this place. We run hard, we rest well, and we cheer each other on in the process.” Together, your team can collectively cultivate a priority and pace for life that optimizes personal growth and fuels our best GO.

****Price** (additional prices on page 3)

- **The First Step Bundle** is included in events lasting 2 or more hours.
- For 30 to 90-minute events, it can be added for \$250

Event Titles to Choose From ...

- A Rest That Works
- Run Hard. Rest Well.
- Making Wellness Work

Let's Connect

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****Prices and Event Highlights are on Page 3**

A Rest That Works – ROI and Progressive Deliverables

Note: Run Hard. Rest Well. seeks to serve. If prices stretch your budget, let's get creative.
This is our 2025 price structure. Reviewed annually. Ask about keynote prices.

Up to a 90-minute Event

\$1,500

- A compelling, team-building, introduction to Restorative Wellness that alters our wellness paradigm
 - Life-giving insights into the **WHY** behind Restorative Wellness
 - Including **The 6-Question Inventory**
 - A brief glimpse into the **HOW TO** of Restorative Wellness
 - One Brain Science Experiment – guaranteed to be fun
 - Some thought provoking questions and a little time to think them through
 - Anti-gravity moves – guaranteed to make your team laugh
 - Real life stories that won't be forgotten
 - One short mall group discussion with a 90-minute event

2 Hour Initiative ... Event and Follow-up Support

\$2,000

- A compelling, team-building, introduction to Restorative Wellness that alters our wellness paradigm
 - Life-giving insights into the **WHY** behind Restorative Wellness
 - Including **The 6-Question Inventory**
 - A beginning exploration of the **HOW TO** of Restorative Wellness
 - Two Brain Science Experiments – guaranteed to be fun and memorable
 - Thought provoking questions and time to think them through
 - Anti-gravity moves – guaranteed to make your team laugh
 - Real life stories that won't be forgotten
 - Two small group discussion times
 - 2 teaching sessions: **Rest Redefined** and **Rest Rediscovered**
- Access to our First Step Bundle and Implementation coaching calls

3-4 Hour Initiative ... Event and Follow-up Support

\$3,000

- All of the above, plus ...
- **Evaluation and stats report of the 6-Question Inventory for your team**
- 15-30 minutes of an intentional pause to cultivate quiet
- An additional teaching session
 - **Roadblocks and Resistance**
 - And a small group discussion on Guilt

6-8 Hour Initiative ... Event and Follow-up Support

\$4,000

- All of the above, plus ...
- A deeper dive into the **HOW**
- Three Brain Science Experiments
- Power-house additions: Remove the Guilt, Personal Retreat, Rocks and Rice, and Make It Mine
- 45-90 minutes of Personal Retreat or an additional teaching session
- Q and A and "This Works for Me"