



Run Hard. Rest Well.®

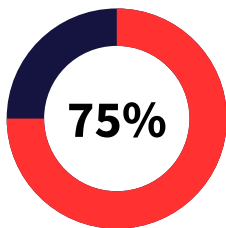
Run with Passion. Rest on Purpose.

NON-PROFITS AND FOR PROFITS

Dedicated to partnering with organizations to *make wellness work*, **Run Hard. Rest Well.®** equips leaders and their teams to embrace a pace and passion for work and rest that is life-giving, transformative, and sustainable. 400 organizations and 35,000 people in 17 states and 6 countries recognize that **Restorative Wellness** disrupts the status quo, heightens self-awareness, dismantles guilt, and positions people to strategically refuel for a lifetime of good work and vibrant well-being.

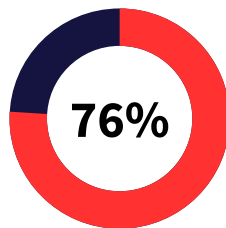
THE PROBLEM

Is your team tired of being tired? Wellness is a hot topic, but people are less healthy today than we were 10, 20, and 30 years ago. Fatigue and burnout are at all-time highs. **Wellness as we know it, is not working.**



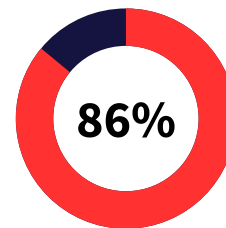
of US employees report they are burned out

Source: Mental Health America and FlexJobs



of US employees report workplace stress affects their mental health

Source: Mental Health America and FlexJobs



of Healthcare costs come from preventable lifestyle diseases

Source: National Library of Medicine

THE SOLUTION

To reduce employee burnout and **make wellness work**, we must address fatigue. We don't need another *Wellness Program*; there is good stuff out there. We need a *Paradigm Shift*. **Restorative Wellness** provides a new paradigm that give us permission to strategically stop and rest guilt-free.

Restorative Wellness...

Disrupts the Status Quo

dismantling our culture's inclination to normalize and perpetuate overload and exhaustion

Offers a Wellness Paradigm

that provides a new perspective on a rest that refreshes and recharges guilt-free

Heightens Self-Awareness

and offers help and hope to people who are winded, worn, and wounded

Positions People

to be change agents in their own lives and in the lives of those they love, lead, and serve

Run Hard. Rest Well.® recognizes that **Restorative Wellness** creates inspiration and motivation for real life change. We provide innovative, cost-effective, easy-to-implement wellness strategies for small and mid-sized organizations and optimize the impact of existing corporate wellness programs for large organizations. Our services equip leaders to revolutionize workplace wellness and empower staff to be catalysts for change in their own lives and in the lives of others. Working with like-minded leaders, Run Hard. Rest Well.® and our partners are delivering the message of Restorative Wellness to people coast-to-coast and worldwide.

BENEFITS FOR YOUR TEAM

When the time is right, a **Run Hard. Rest Well.® Organizational Initiative** begins with a rollout plan that aligns with your priorities and meets the needs of your people. We will customize a plan that delivers compelling, team-building wellness strategies through a fun and refreshing team event. Our classis work, **A Rest That Works**, takes place over 1-2 hours, and depending on the initiative, it includes 6-12 months of simple, stream-lined follow-up support to help you “keep the conversation going” for lasting impact and cultural change. We partner with smaller organizations to cultivate a culture of “running hard and resting well.” When we partner with larger organizations, we energize and optimize the impact of existing wellness programs. If **Restorative Wellness** resonates with you, let’s work together to increase retention rates, alleviate mental health challenges, and lower healthcare costs.

RESTORATIVE WELLNESS EQUIPS PEOPLE TO...



Create Connections



Reduce Cortisol



Hit Pause



Prioritize Sleep

NEXT STEPS

Would you like to learn more?

- Set up a time to **connect**. Contact information below.
- Ask to see our **Proven Process** and **Organizational Stats/Evaluations** from current clients.
- Prices start at \$1,500.

ONWARD!

Restorative Wellness provides a paradigm shift that combats chronic overload and exhaustion. In our 24/7 world, Restorative Wellness gives individuals permission to strategically stop and rest guilt-free. Creating a **Community Commitment** to running hard and resting well, through a **Run Hard. Rest Well. Initiative**, positions individuals to thrive, families to flourish, and organizations to excel.

“World class content. World class delivery. My staff must experience this!”

Donny Vanker

CEO of Vanker Management

