



# Run Hard. Rest Well.<sup>®</sup>

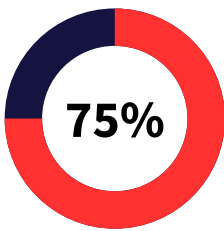
Run with Passion. Rest on Purpose.

## MINISTRY ORGANIZATIONS

Dedicated to partnering with ministries, churches, and denominations, **Run Hard. Rest Well.<sup>®</sup>** equips leaders and their teams to embrace a pace and passion for work and rest that is life-giving, transformative, and powered by God. 400 organizations and 35,000 people in 17 states and 6 countries recognize that Restorative Wellness heightens self-awareness, dismantles guilt, and positions people to refuel for a lifetime of good work, vibrant well-being, and Kingdom advance.

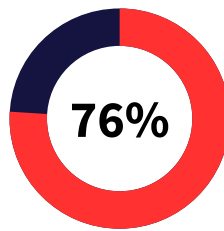
## THE PROBLEM

**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.**



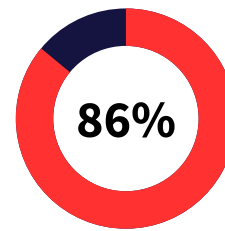
of US employees report they are burned out

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 staff burnout rates and **make wellness work**, we must address our persistent fatigue. We don't need another Wellness Program; we need a Paradigm Shift. **Restorative Wellness**, rooted in Psalm 23, 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 God's guilt-free plan for our rest, renewal, and restoration

#### 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.<sup>®</sup> recognizes that **Restorative Wellness** casts a spotlight on God's plan to inspire and motivate real life change. We provide innovative, cost-effective, easy-to-implement wellness strategies for small and mid-sized ministries and optimize the impact of existing wellness programs for larger ministries and denominations. Our services equip leaders to revolutionize workplace wellness and empower staff to be catalysts for change. Working with like-minded leaders, Run Hard. Rest Well.<sup>®</sup> and our partners are delivering the message of Restorative Wellness to the people they lead, love, and serve 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 work with you to customize a plan to deliver compelling, team-building wellness strategies that honor God and highlight doable, no-cost, high-yield restorative rhythms and practices. Some organizations target leadership. Some choose to impact an entire church or ministry. Others begin by introducing large groups through keynote presentations at an established conference. We deliver our classic, **A Rest That Works** workshops and retreats over 1-hour to 2-days. Depending on the initiative, we include our **First Step Bundle**, which involves resources and implementation coaching to “**keep the conversation going.**”

## RESTORATIVE WELLNESS EQUIPS PEOPLE TO...



Create Connections



Reduce Cortisol



Hit Pause



Prioritize Sleep

## NEXT STEPS

Would you like to learn more?

- **Let's connect.** Contact information below.
- Ask to see our **Proven Process, Church Info**, & our **Organizational Stats/Evaluations**.
- 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 God's people permission to strategically stop and rest guilt-free. Creating a **Community Commitment** to running hard and resting well positions individuals to thrive, families to flourish, ministries to excel, and the Kingdom to advance.

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

**Donny Vanker**

CEO of Vanker Management

