

Cultivating Individual and Organizational Wellbeing: Mind Body Spirit

OUR MISSION is to help organizations and individuals to reduce the negative impacts of stress and create cultures of wellbeing using Mind Body Medicine-based tools.



OUR APPROACH focuses on the interactions between the mind and body and cultivates the powerful ways we can participate in our own healing and health.

WHY MIND BODY MEDICINE? Grounded in science, Mind Body Medicine provides practical, evidence based skills for self-care, self-awareness and peer/group support.

OUR OFFERINGS encompass a variety of solutions to fit your organization's needs. We begin by listening to your needs to create a customized approach encompassing solutions to fit your work environment, staff and budget.

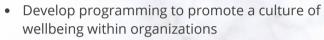
What We Offer

Workshops Retreats Speaking Engagements

- Educate on the science of mind body medicine and how chronic stress effects individual and organizational stress
- Provide experiential opportunities to practice and build skills needed to address the effects of chronic stress and foster wellbeing



Leadership Consultation Curriculum Development Outcome Measures



- Build customized resources for long term sustainability
- Create intentional spaces for peer to peer support
- Develop outcome measures specific to the organization's focus



Mind Body Medicine Skills Groups

 Group of 8-10 individuals meeting routinely (between 5-12 sessions) to experience in-depth mind body medicine knowledge, skills and peer to peer support





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