



---

IGNITE WELLBEING  
— MIND BODY SPIRIT —

---

## **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

- Develop programming to promote a culture of wellbeing within organizations
- 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



Melanie Holt Fauth, RN  
Co-Founder  
melanie@ignitewellbeingin.com



Christy Gauss, MSW, LSW  
Co-Founder  
christy@ignitewellbeingin.com

---

Cultivating Individual and Organizational Wellbeing  
Mind Body Spirit

[www.ignitewellbeingin.com](http://www.ignitewellbeingin.com)