

Everyone Thrives

Business Thrives When People Do


We believe people thrive when they are physically and mentally healthy, when they can use their natural talents to accomplish their work and when they can contribute to something they believe in... and we're convinced that businesses thrive when their people do. Every business has an incentive to support their employees' growth and well-being:


- ⚙️ A healthier & happier workforce
- ⚙️ Controlled & reduced healthcare costs
- ⚙️ Strengthened talent recruitment & reputation
- ⚙️ Higher employee engagement & productivity


The benefits of thriving employees are so clear, the question for business leaders isn't "Should we invest in employee well-being," it's "How should we invest?" And the solution many businesses have adopted is to establish a "wellness program."

Weary of "Wellness Programs?"

Wellness programs present three distinct challenges:

 **Cost:** Wellness programs are expensive. When business leaders ask, "How should we invest?," they also must ask, "What can we afford?," because every business operates within a budget. **How can a business prioritize well-being in a cost-effective way?**

 **Time:** Wellness programs are time-consuming. When well-being is viewed as an additional program, it becomes one more item on the "to-do" list for every employee. **How can a business make well-being part of everyday life for their employees?**

 **Impact:** Wellness programs target the masses, not unique individuals. They offer a handful of well-being opportunities, but well-being is never "one size fits all." **How can a business engage more of their people with well-being?**

Well-Being & The 12 People Touchpoints

At **humanworks8**, we approach well-being as a way of life, not a program. We believe well-being needs to be woven into everything you do, beginning with your core values and extending into every program that impacts your people. Together, we integrate well-being into the 12 People Touchpoints of your business.



Create 365 Well-Being

Are you ready to incorporate well-being throughout your organization's existing programs & routines?

Is it time to expand your organization's view of individual well-being to include *purpose & balance* along with *nutrition & movement*?

Do you need to transform your wellness program into a daily practice within your organization's culture?

Begin your 365 Well-Being journey with **humanworks8**.