



## SPIRIT WEEK OR SPIRIT MONTH

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**Content Areas:** Integrative Wellness – Mind/Body/Spirit/Environment

**Duration:** One Week or Extended to Five Weeks

**Description:** Look forward to a variety of ideas to layer both fun and learning into the workday while fostering a greater sense of team building and connection. The themes below address four domains of wellness – mind, body, spirit and environment. And we have added in play, something all working adults would likely welcome and appreciate!

For each theme, there will be ways to share progress made with the rest of the participants to generate all the spirit!

### **Overview:**

- Day or Week 1 – Motivation Monday
- Day or Week 2 – Team Tuesday
- Day or Week 3 – WINSday
- Day or Week 4 – Thankful Thursday
- Day or Week 5 – FriYAY

### **Key Components:**

- Resources – Daily or weekly, themed encouragement email with activity (or activities, optional)
- Support – Additional onsite or virtual group activities (otherwise all activities are done on own time, optional)

**Investment:** Starting from \$995 (depending upon volume of group activities)