

WORKWELL

— People Solutions

**Optimizing Sustainable Performance Through  
Systemic Workplace Wellness**

**“83% of US workers suffer from work-related stress”**

*The American Institute of Stress*

**“Nearly 3 in 5 employees reported negative impacts of work-related stress, including lack of interest, motivation, or energy”** *American Psychological Association*

**“84% of respondents said their workplace conditions had contributed to at least one mental health challenge”** *US Surgeon General, with Mind Share Partners*

**“Approximately 65% of US workers surveyed have characterized work as being a very significant or somewhat significant source of stress...”**  
*Occupational Safety and Health Administration*

**“55% of workers agreed that their employer thinks their workplace environment is a lot mentally healthier than it actually is.”** *American Psychological Association*

**“81% of workers reported that they will be looking for workplaces that support mental health...”** *US Surgeon General, with American Psychological Association*

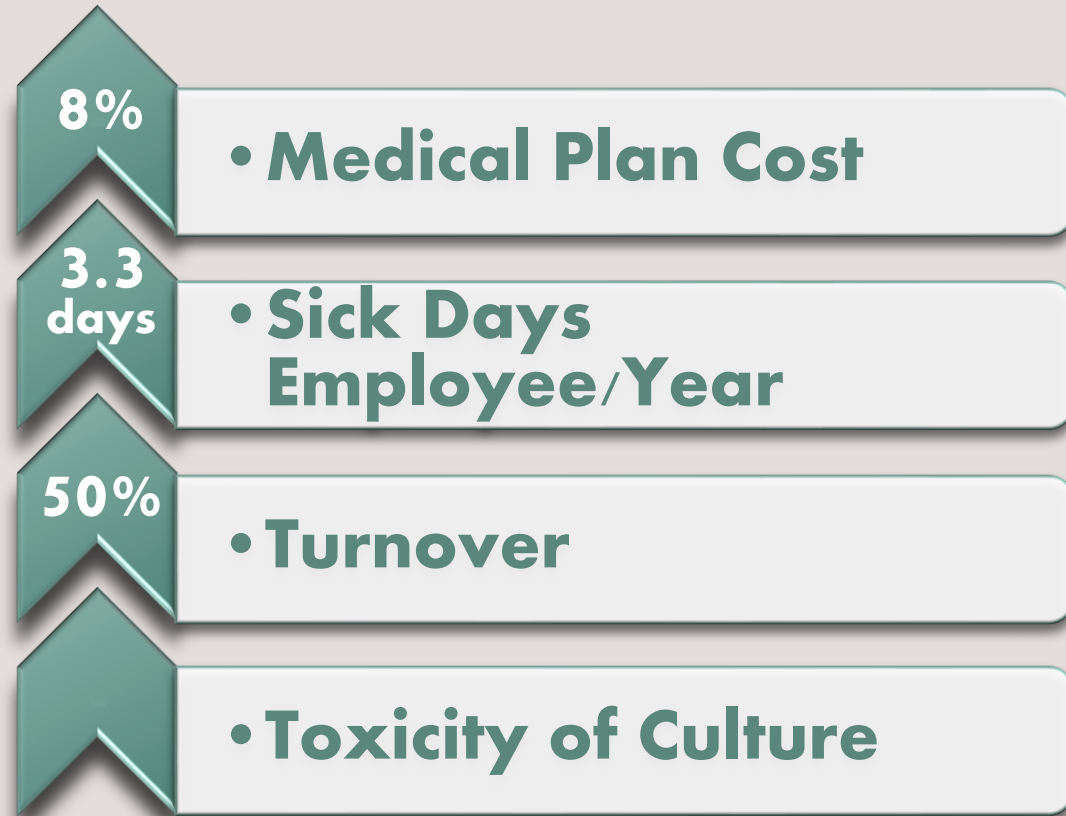
# Symptoms of Chronic Stress

- **Chronic Fatigue**
- **Increased Migraines**
- **Suppressed Immune System**
- **Musculoskeletal Tension & Pain**
- **Respiratory Disease Flare Up**
- **Impaired Cardiovascular System**
  - Hypertension, Heart Attack, & Stroke
- **Increased Stomach Acid/Ulcers**
- **Metabolic & Gastrointestinal Disruption**
- **Increased Diabetes Risk**
- **Plaque Buildup in Arteries**
- **Diminished Reproductive Health**



- **Exhaustion**
- **Overwhelm**
- **Brain Fog**
- **Procrastination**
- **Forgetfulness**
- **Trouble Concentrating**
- **Cynicism**
- **Detachment**
- **Uninspired**
- **Self-doubt**
- **Depersonalization**
- **Anxiety**
- **Depression**

# Impact to Company





# Process

- Policy & Procedure Analysis
- Data Analysis
- Leadership Development
- Culture Enhancements
- Monitoring & Maintenance

# Optimize Sustainable Performance

*with*

**WORKWELL**  
— *People Solutions*

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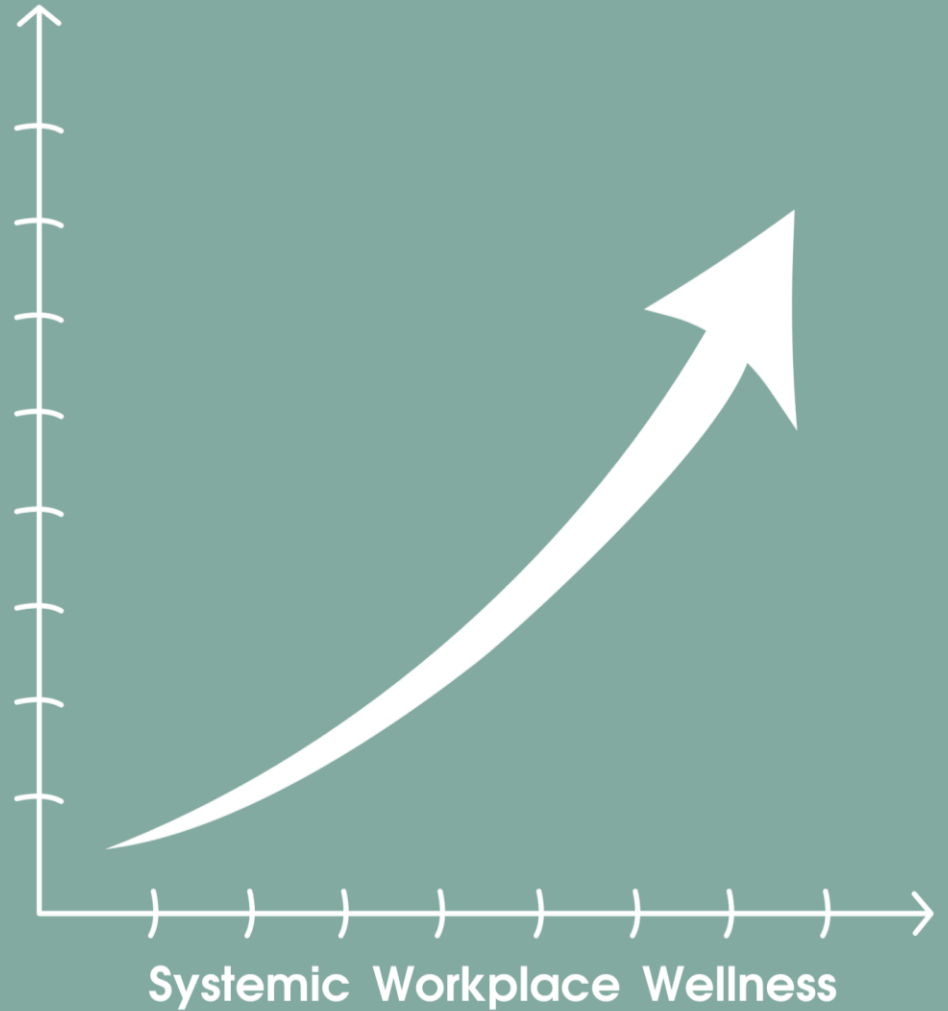
Performance

Engagement

Retention

Client &  
Candidate  
Attraction

*and more...*



# Courtney Murphy, SHRM-SCP

- **HR Consultant and Career Coach with 2 decades' experience in corporate HR with credentials in HR, Psychology, and Diversity & Inclusion.**
- **Bestselling Author of *Life After Burnout: Reclaim, Recover, Renew***
- **Specialties:**
  - **Systemic Workplace Wellness**
  - **Culture & Employee Experience**
  - **Sustainable Performance**
  - **Engagement**
  - **Leadership**
  - **Team Effectiveness**
  - **... and more**

