



VOL 2



WISE
WELLNESS GUILD

Wellness
INTELLIGENCE

A REPORT AIMED TO CATALYZE HEALTHY
BRANDS AND COMPANY CULTURES

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WISE WELLNESS GUILD WELLNESS REPORT // VOL 2

“If you want to go fast, go alone. If you want to go far, go together.”

- African Proverb

I'm Stevi Gable Carr, Founder & CEO, WISE Wellness Guild. WISE is a network of innovators, brands and experts across the US aimed at advancing humans through wellness. We're thrilled to share our second installation of WISE Wellness Intelligence Report to illuminate emerging movements in wellness and the brands who are leading them.



Stevi Gable Carr has over 20 years of experience in building consumer + healthcare brands and a proven track record of leading with excellence.

- Fellow, Institute of Coaching, Harvard/McLean Hospital
- Ex P&G, Board Member Global P&G Alumni Network
- Feat. in InTouch Magazine, Yahoo! Finance, NBC, Fox Business Journals
- Awards: Ad Age/ Modern Healthcare, Visionary Under 40, Forty Under 40, Women Who Mean Business and Woman of Influence
- Holds multiple design + utility patents



Our Vision + Expertise

WISe Wellness Guild is your trusted, intelligent expert in health & wellness.

We catalyze human potential through accelerating peak performance through inspiring thought leadership, a curated support network and driving actionable change through expert-led tactics.

Vetted Global Partners

WISe Wellness Guild has had the privilege of working with top global companies. We partner with over 400 wellness brands, experts and garner engage with over over 21,000+ wellness consumers across 50 US states and 9 countries.



FEATURED IN



What We Do

STRATEGY AND CONSULTATION



We support businesses in building an effective brand strategy. We serve companies of all sizes to build consumer and employee-centric wellness strategies.

PROGRAMMING STRATEGY, MODERATION + KEYNOTES



From concept through execution, we provide comprehensive event production management. Small and large-scale projects and programming, both virtual and in-person.

TALENT CASTING AND MANAGEMENT



Rooted in aligned strategies, we support brands through connecting them with key opinion leaders (micro-influencers, physicians and small business owners) for producing effective campaigns.

INSIGHTS, INTELLIGENCE AND RESEARCH



Using proprietary tools, including AI, we can deliver data and insights to support brand innovation and research.

WELLNESS CONTENT AND RESOURCES



Using our extensive network of wellness experts, we create and curate wellness content.

WELLNESS RETAIL AND SAMPLING



Access to vetted brands, products and services through partnership KOL's, member events & services, and the WISE Wellness Marketplace.



Report Sources



100 Point Wellness
Assessment™



AI + Social Listening



Network of over 400
brands and 21k consumers



WISE WELLNEXT Forum was held on June 16, 2023 as a platform for industry thought-leaders to share and discuss leading movements in health and wellness. 10 speakers and over 100 attendees joined this inaugural event.



Report Overview

We're seeing many shifts across the 8 pillars of wellness on the back half of 2023.

Precision Data + Personalization

AI/ ML Analytics
Tech-Enabled Transformation
Precision Health

Healing Environments

Designed to Heal
Communities of Accountability
Healing Gardens
Metaverse

Workforce Engagement

Empowered Staffing
Provider Retention
Physician Wellbeing
Healing Power of Storytelling

Wellness With Purpose

Congruent Cultures
Mission Menopause
Progress In Postpartum
Self-Worth Work



Want to be featured?
Want to learn more?

hello@wisewellnessguild.com



Precision Data + Personalization



100 POINT WELLNESS REPORT™



The WISe Wellness Guild 100-Point Wellness Assessment™, is a 10 minute assessment that analyzes your responses through a demographic, behavioral, psychographic and social lens, utilizing a proprietary multi-prong approach to model an actionable plan for you to invest in your whole-self wellness.

You will receive the following:

- Visibility to your top wellness skills and areas for development
- Recommendations for adopting better wellness habits through awareness of your inherent motivators and behaviors
- Access to resources, including coaches, products, apps and content



REPORT METHODOLOGY

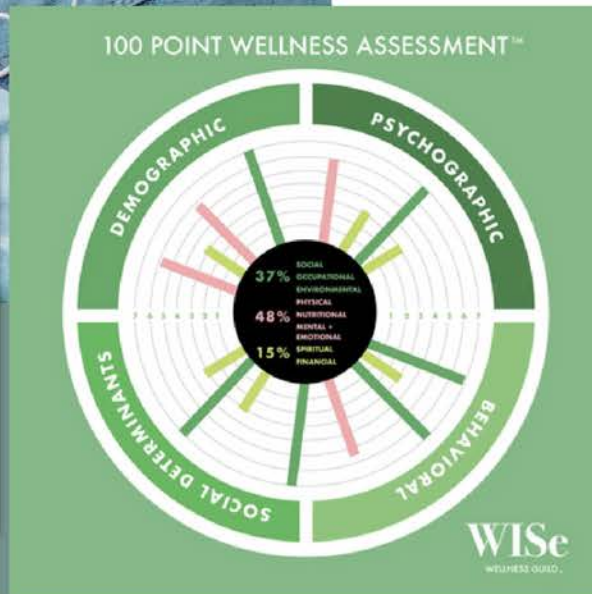
This wellness assessment utilizes both quantitative and qualitative input to deliver a robust, personalized recommendation for driving actionable next steps for both WISe members and coaches. Research has proven that adopting and sustaining new habits can only be achieved through gradual, consistent motivation and accountability. This system, over time, will enable you to discover the best version of yourself, unlocking peak performance in all aspects of life.

OVERALL RESULTS

Out of a possible 448 points you received a score of 332, a direct score of 74.1%
 The WISe Member average is 83.4%*

REPORT ANALYSIS

Occupational	Financial	Physical	Nutritional
40	36	43	39
Emotional	Social	Environmental	Spiritual
44	45	40	45



Your top skills are in SOCIAL and SPIRITUAL Wellness. As you focus on growing new skills, continue to nurture those areas in order to maintain your "center" when things become stressful.

BUILD UPON YOUR STRENGTHS

SOCIAL:
SPIRITUAL:

OPPORTUNITIES TO GROW
Your top developing skills are FINANCIAL and NUTRITIONAL Wellness.

RESOURCES
Click to access experts, brands and tools.

CAREER	ENVIRONMENTAL	FINANCIAL	MENTAL/EMOTIONAL
NUTRITIONAL	PHYSICAL	SOCIAL	SPIRITUAL

AI/ML-BASED ANALYTICS APPLICATIONS

AI/ML-based advanced analytics applications are revolutionizing the health and wellness industry, driving significant advancements in patient care, diagnosis, and overall well-being. These technologies are capable of processing vast amounts of data, extracting meaningful insights, and providing personalized recommendations, thereby transforming the way healthcare professionals deliver services and individuals manage their health.

Enhancing Accuracy & Efficiency of Diagnosis


With the ability to analyze large datasets, these applications can detect patterns and correlations that might be missed by human physicians. By incorporating machine learning algorithms, these systems continuously learn from new data, improving diagnostic capabilities over time, speeding up the diagnosis process and reducing the risk of misdiagnosis.

Empowering A Proactive Approach

Through wearable devices and health monitoring apps, individuals can track their vital signs, exercise routines, sleep patterns, and nutrition intake. AI algorithms analyze this data to provide personalized recommendations and actionable insights, helping individuals make informed decisions about their lifestyle and health management. This proactive approach has the potential to prevent diseases, promote healthy habits, and improve overall well-being.

Streamlining Healthcare Operations

These technologies can analyze historical data and predict patient outcomes, helping healthcare providers make informed decisions about treatment plans, hospital resource allocation, and capacity management. By optimizing these processes, healthcare organizations can enhance patient experiences, reduce costs, and improve overall operational efficiency.



"Availability of exponentially increasing unstructured data and tremendous advancement in AI/ML based analytics has helped predict 'progression of disease' long before the symptoms manifests - thereby dramatically improving quality of life and in many cases preventing the occurrence/on-set of disease altogether."

TECH-ENABLED TRANSFORMATION

Technology has significantly enhanced access in multiple domains. It has unleashed creativity by providing tools, platforms, and global networks for artists and creators. It has expedited the speed to market for innovation, enabling businesses to iterate quickly and reach a broader audience. Furthermore, technology has expanded access to critical health information, empowering individuals to make informed decisions about their well-being and offering personalized healthcare solutions. As technology continues to evolve, it holds the potential to further revolutionize access, benefiting individuals, industries, and society as a whole.

AI Can Unleashes The Human Capacity For Creativity And Innovation

Technology plays a pivotal role in enabling faster and broader access to various domains, including unleashing creativity. Beck's Autonomous has produced the world's first beer and full marketing campaign made with artificial intelligence. Artists, designers, writers, and musicians can leverage technology to showcase their work to a global audience, connect with fellow creatives, and receive feedback in real-time. Digital platforms like Helium 10 elevate their Amazon listings with AI-enhanced copywriting for customizable content creation with Listing Builder. The democratization of creative expression through technology has fostered a vibrant and diverse global artistic community.

Faster Delivery of Product Innovation Has the Potential To Be Life-Changing

50% consumers say they will abandon carts if shipping time is too long.

99% of retailers say they will offer same-day delivery by 2025.

Uber's healthcare arm rolled out same-day prescription delivery on its centralized platform, enabling clinicians to quickly ship medications to patients' homes, and Albertson's Grocery is expanding upon an existing online delivery collaboration with DoorDash to introduce a new express grocery delivery service. This new service offers consumers delivery of fresh groceries in under 30 minutes.



"Tech is rapidly expanding access to critical health information. Nearly 30 Million Americans are uninsured- incredible initiatives like the Instacart Health, AHA, Rockefeller, Kroger, AHIP, and Kaiser Permanente partnership to advance 'Food As Medicine' critical research."

PRECISION HEALTH

Precision Medicine at The Christ Hospital is an innovative approach to healthcare that tailors medical treatments and interventions to individual patients based on their unique genetic makeup, lifestyle, and environmental factors. By leveraging advanced technologies and comprehensive genomic testing, the hospital aims to provide personalized care plans that optimize patient outcomes while minimizing side effects and unnecessary procedures.

~24% US Patients mMeet NCCN Criteria for Genetic Testing

Through precision medicine, The Christ Hospital strives to deliver targeted therapies, precise diagnostics, and preventive strategies, ultimately revolutionizing the way healthcare is practiced and improving patient well-being.

Gia Chatbot

If you've scheduled a mammogram at The Christ Hospital, you will receive a text to complete a confidential Q&A conversation between you and Gia regarding your family health history with certain conditions that may be caused by inherited gene mutations. The answers provided will help you and your provider learn if you are a good candidate for genetic counseling or further evaluation. This information is protected both by HIPAA as well as by the Genetic Information Non-Discrimination Act.

Pharmacogenomics

Pharmacogenomics focuses on how an individual's genetic makeup influences their response to medications. By analyzing a patient's genetic information, healthcare professionals can gain insights into how a person may metabolize and respond to specific drugs, helping them tailor medication selection and dosages to optimize treatment outcomes and minimize the risk of adverse reactions. Pharmacogenomics

plays a crucial role in personalized medicine, enabling healthcare providers to make more informed decisions and provide individualized care based on a patient's unique genetic profile.



"Precision Health at The Christ Hospital Health Network is a ground-breaking approach that matches patients and their families with care plans that will work best for them, based on their DNA. This approach allows our patients to partner with their care team to develop and individualized prevention, detection and treatment plans"

Healing Environments



DESIGNED TO HEAL

Healing spaces follow principles that prioritize the well-being of individuals. These principles include incorporating nature and biophilia, ensuring comfort and safety, creating a calm and tranquil atmosphere, offering privacy and personalization, providing sensory stimulation, allowing access to nature and views, and fostering social support and connection. By implementing these principles, healing spaces aim to promote relaxation, reduce stress, enhance healing processes, and support overall well-being in healthcare and therapeutic environments.

Kolar Design

With a strong belief in the power of collaboration and human-centered design, Kolar Design puts people at the forefront of their work. They understand that successful design solutions are not just about aesthetics, but also about creating meaningful experiences for individuals that are rooted in wellness. By engaging with clients and stakeholders, they ensure that the needs and desires of the people who will ultimately interact with the space or product are thoroughly understood and integrated into the design process. This empathetic approach allows Kolar Design to create environments that resonate with people on a deep level, fostering a strong sense of connection and engagement.

Kolar Design adopts a meticulous and iterative approach. They emphasize research, analysis, and strategic thinking to gain a comprehensive understanding of the project's objectives and challenges. Through careful observation and data-driven insights, they uncover unique opportunities for innovation and improvement. Kolar Design also values experimentation and prototyping, enabling them to test and refine ideas before final implementation. This rigorous process ensures that their designs are not only visually captivating but also highly functional and impactful.

Moreover, Kolar Design recognizes the importance of place and context. They deeply consider the physical and cultural characteristics of a location when conceptualizing their designs.



"There is a paradigm shift in experience rooted in people, process and place. These will be the new metrics associated with space design "

COMMUNITY OF ACCOUNTABILITY

Over 61% of adults in the United States reported feeling lonely and isolated, indicating a significant increase from previous years and highlighting the severity of the loneliness epidemic. Approximately 1 in 4 Americans admitted to not having a single close confidant or friend to share their personal concerns, underscoring the alarming scale of social disconnection and loneliness in the country.

Accountability Drives Results

A study conducted by the American Society of Training and Development found that people are 65% more likely to meet their goals when they have an accountability partner or participate in group activities. By joining a community of like-minded individuals, individuals can hold each other accountable, resulting in improved outcomes and higher adherence rates.

Correlation Between Social Support + Movement

A meta-analysis published in the journal PLoS One examined 26 different studies and concluded that individuals who had a strong support network were more likely to engage in regular exercise and experience better health outcomes. The presence of a supportive community not only boosts motivation but also provides practical assistance, such as workout tips, guidance on proper form, and sharing of fitness resources. This exchange of information within a community contributes to increased knowledge, improved techniques, and ultimately, enhanced results.

Sense Of Belonging

Moreover, a study published in the Annals of Behavioral Medicine found that individuals who participated in group-based fitness programs experienced greater improvements in their overall well-being compared to those who exercised alone. The researchers noted that the sense of belonging, social interaction, and shared experiences within a community fostered a positive environment that facilitated personal growth and wellness. This collaborative atmosphere contributes to higher levels of enjoyment, adherence, and long-term success in achieving fitness goals. Social support within a community positively influences physical activity levels, leading to improved outcomes.



"You're so much stronger and can do so much more when you have a community and feel welcomed."

METaverse

Advancing wellness in the metaverse, offering accessibility, making wellness resources available to anyone, regardless of their location or socioeconomic status. Personalized experiences tailored to individual needs promote well-being. The metaverse fosters inclusivity by eliminating physical barriers and providing language translation. Virtual communities offer support and connection.

Gamification and creative expression make wellness engaging and encourage personal growth. Additionally, the metaverse enables research and innovation in the field, leading to groundbreaking advancements in wellness. Overall, it revolutionizes wellness, making it accessible, personalized, and transformative for individuals worldwide.

Metaverse Doc

Dr. Naomi Jean-Baptiste hosts monthly Networking in the Metaverse in collaboration with Virbela. Dr. Jean-Baptiste, or "The Metaverse Doc" is an Emergency Medicine Doctor and the founder of Hope4Med, a platform aimed at ending Physician Burnout.

Alo Sanctuary

Alo Yoga, leading fashion and lifestyle brand, along with Roblox, a global platform bringing millions of people together through shared experience opened '[Alo Sanctuary](#),' an immersive wellness space for yoga and meditation. The Alo Sanctuary experience takes place on an island, set to a meditative and soothing sound bath-style audio track. Upon arrival, visitors receive a digital Warrior Yoga Mat to carry along on their wellness journey into the metaverse as they explore guided meditation retreats led by guide Kirat Randhawa and new daily on-demand yoga content from the Alo Moves fitness platform. "There is a vast variety of truly unexpected and inspiring experiences on Roblox for people of all ages, and now our community has a space to practice mindfulness and learn about the importance of meditation directly from top wellness experts," said Christina Wootton, VP of global brand partnerships, Roblox.



"Believe it or not, creating a [#digitaltwin](#), meeting up with others as an [#avatar](#), and participating in immersive experiences and events is the future of the internet."

HEALING GARDENS

Gardening has long been recognized as a therapeutic activity that can promote healing and improve overall well-being. The act of tending to plants, nurturing them, and witnessing their growth can have profound effects on our mental, emotional, and even physical health.

Healing through Gardening


Engaging in gardening allows individuals to connect with nature, reduce stress, and find solace in the beauty of their surroundings. Whether it's cultivating a small herb garden, caring for blooming flowers, or growing fresh vegetables, the process of healing through gardening offers a serene escape from daily pressures and an opportunity for personal growth and renewal.

Gardenuity: Empowering Through Gardening

Gardenuity is a company dedicated to empowering individuals through the joy of gardening. They provide innovative solutions that make gardening accessible and enjoyable for people of all skill levels, regardless of their available space or previous experience. With Gardenuity, people can easily create personalized garden kits that are tailored to their specific needs and preferences, great for individuals or group activities. Kits include everything from high-quality plants and seeds to detailed instructions and ongoing support. By combining technology, horticultural expertise, and a deep passion for nature, Gardenuity aims to inspire and enable individuals to cultivate their own healing gardens.

The Impact of Gardenuity

The impact of Gardenuity extends far beyond the act of gardening itself. Through their mission to make gardening accessible and enjoyable, Gardenuity promotes environmental sustainability, encourages healthy eating habits, and fosters a deeper connection with nature. The company's focus on personalized garden kits not only allows individuals to grow their own fresh produce but also helps reduce food waste and reliance on mass-produced, often chemically treated, vegetables.



"Gardening with Gardenuity offers a sense of accomplishment and self-sufficiency, as individuals witness the fruits of their labor flourish and thrive. By facilitating healing through gardening, Gardenuity empowers individuals to take control of their well-being and embrace the therapeutic benefits of nature."

Workforce Engagement



MARKETPLACE

The WISe Wellness Guild Marketplace is a platform you can search, connect and purchase from TOP-RATED and VETTED wellness experts, services and brands.



85% women and minority-owned business representation



200 US cities



Access to content, resources, products and apps



Trusted Brands

Extensive Vetting Process



Shop National + Local

Supporting over 400+ large and small brands



Chat With Us

We offer chat support



Our Reach

50 U.S. States and 9 Countries

EMPOWERED STAFFING

By giving nurses the autonomy to select shifts that align with their personal and professional goals, ShiftKey enables them to take charge of their careers by providing flexibility, autonomy, diversity, growth and access to fair compensation.

Flexibility and Autonomy in Career Choices

ShiftKey nurse staffing is transforming the healthcare industry by empowering nurses to regain control over their careers. Through its innovative platform, nurses are no longer confined by fixed schedules and limited options. With ShiftKey, nurses have the freedom to choose when and where they want to work, enabling them to design their own work-life balance and allowing nurses to explore different healthcare settings and specialties, whether they prefer short-term assignments, part-time work, or full-time positions.

Diverse Opportunities for Growth and Skill Development

ShiftKey nurse staffing provides nurses with a vast array of opportunities, opening doors to different healthcare environments and specialties. Nurses can now expand their skill sets and gain valuable experience across various settings, thanks to ShiftKey's platform. By facilitating access to diverse assignments, nurses can explore new challenges and develop professionally. This range of opportunities not only enhances job satisfaction but also allows nurses to continuously grow and excel in their careers

Fair Compensation and Transparent Benefits

ShiftKey recognizes the hard work and dedication of nurses by providing competitive compensation and transparent benefits. The platform ensures fair wages for nurses, valuing their expertise and contributions. With real-time access to job opportunities and compensation details, nurses can make informed decisions that align with their financial goals. ShiftKey's commitment to transparency and fairness empowers nurses to choose opportunities that not only align with their career aspirations but also provide attractive perks and benefits.



"Whatever image you've built in your head of what success looks like- throw it away. Challenge the status quo, innovation requires you to challenge the standard way of thinking."

PROVIDER RETENTION

Healthcare organizations can create a work environment that values diversity, promotes employee well-being, and fosters a sense of community. Retaining talented healthcare professionals is crucial not only for organizational success but also for ensuring high-quality patient care and improving overall healthcare outcomes.

Supporting Employee Resource Groups


Retaining talent in healthcare is crucial, and one effective approach is to support Employee Resource Groups (ERGs). ERGs provide a platform for employees to connect with colleagues who share similar backgrounds, interests, or experiences. By fostering a sense of community and belonging, ERGs create an inclusive environment where employees feel valued and supported, offering mentorship opportunities, professional development programs, and networking events.

Paid Volunteer Time

Encouraging employees to engage in community service by offering paid volunteer time is another effective strategy for talent retention in healthcare. Many healthcare professionals have a strong desire to give back and make a positive impact beyond their daily work. By providing paid time off to volunteer, organizations demonstrate their commitment to social responsibility and support their employees' altruistic endeavors, building a positive reputation for the healthcare organization, attracting and retaining talent that aligns with its values.

Supporting Building Workplace Friendships

Building strong workplace friendships can significantly contribute to talent retention in healthcare. A supportive and friendly work environment fosters a sense of belonging and camaraderie among employees. Encouraging team-building, social events, or designated spaces for employees to connect and socialize can help facilitate the formation of meaningful relationships.



"Healthcare was already difficult before the COVID-19 pandemic. Now, those working in healthcare face immense pressure as the talent pipeline continues to shrink yet demand for services continues to grow. At Cincinnati Children's, we prioritize listening to our employees in a number of ways, and have used that ongoing feedback to prioritize our investment in their experience, including: wellbeing, career development and leader development. We believe in a 'One Cincinnati Children's' mindset of collaboration that has helped to make our culture strong, even through difficult times."

PHYSICIAN WELLBEING

According to recent studies, the prevalence of physician burnout is staggering. Research conducted by the Mayo Clinic indicates that **approximately 50% of physicians experience burnout.**

Causes of Physician Burnout

Understanding the root causes of physician burnout is essential for addressing and preventing this pervasive issue. Several factors contribute to the development of burnout among doctors excessive workload, emotional and mental stress, lack of control/autonomy and emotional disconnect due to constant exposure to pain, suffering, and loss can erode a physician's empathy, making it challenging to maintain a healthy emotional connection with patients.

Consequences of Physician Burnout

Physician burnout not only affects doctors personally but also has far-reaching consequences for the healthcare system:

1. Diminished Quality of Patient Care
2. Increased Medical Errors
3. Attrition and Workforce Shortages
4. Negative Impact on Physician Well-being

Physician Mental Health Program

Recognizing a strong association between physician burnout, the emergence of mental illness and physician suicide, the Cincinnati Coalition for Physician Wellness and several of its health system constituents have partnered with the Lindner Center of HOPE to establish the Physician Mental Health Program. This private, rapid access service for physicians in need of psychiatric evaluation is available 24/7 for crisis situations in which a physician would need hospital admission. It also offers a five-day per week outpatient diagnostic assessment and treatment provision or referral. A select group of top psychiatrists and psychologists are available on a daily basis.



"If we can create a space for even one physician to seek help and support instead of selecting to self-harm, we've been successful."

HEALING POWER OF STORYTELLING

Telling stories in healthcare has a profound healing effect on individuals, both patients and healthcare providers alike. In performance-driven environments, storytelling has never been more important for the sustainability of the industry.

Patient Experiences


Storytelling allows patients to share their experiences, fears, and emotions, providing them with a therapeutic outlet. By verbalizing their journey, patients can gain a sense of empowerment, validation, and relief from the burden of illness. Additionally, hearing stories from others who have faced similar challenges can foster a sense of connection and hope, offering reassurance that they are not alone in their struggles.

Healthcare Providers and Patient Connection

By listening attentively to patients' stories, healthcare professionals can gain a comprehensive understanding of their unique circumstances, including their medical history, personal values, and social support systems. This holistic approach to care fosters empathy and trust, allowing healthcare providers to tailor their treatment plans to individual needs. Through storytelling, healthcare providers can also share their own experiences, imparting wisdom, and lessons learned, enhancing the therapeutic relationship and empowering patients to actively participate in their own healing process.

Bridging the Medical Community and the Public

By sharing stories of medical breakthroughs, patient recoveries, and the impact of healthcare policies, healthcare organizations can educate and raise awareness among the public. These stories humanize the healthcare system, making it more relatable and accessible. Additionally, storytelling in healthcare can dispel myths, reduce stigma, and encourage individuals to seek timely medical care.

A portrait of Jenny Collopy, a woman with long blonde hair, smiling warmly. She is wearing a dark top with a red collar visible.

"There is great power in storytelling as a way healing, for patients, their families and our own team members. By giving them the permission and the platform to share their stories, you're giving them a way to write their own narrative of the situation, giving them a sense of control that sickness and pain takes away from us. It also gives them a "why". Why did this happen to me and what am I supposed to do with it. Many find great joy and fulfillment in sharing their stories, with hopes that it will inspire someone's actions to take the next step for their health, or let someone know they are not alone in their journey and great outcomes are possible."

Wellness With Purpose



CONGRUENCE

ALIGNING VALUES FOR WINNING CULTURES



Align your company's brand values, purpose and mission with consumer and employee values to deepen meaningful relationships for

- Driving loyalty with clients and consumers
- Retention of top talent
- Future partnerships/aligned opportunities

1

Personal Values

Using the foundation of Intentional Change Theory and our proprietary 100 Point Wellness Assessment™, we identify core values of both consumers and employees.

2

Brand + Company Values

Through our expert approach we identify ideal and real self values for brands and companies.

3

Congruence

We develop roadmaps that support the evolution of

- brand/company equity and identities
- individual (consumer/employee) support system

CONGRUENT CULTURES

An essential aspect of burnout prevention is ensuring alignment between an **individual's personal values and the values of the brand or company they work for**. When personal values align with organizational values, employees feel a greater sense of purpose and fulfillment in their work. This alignment creates a stronger connection and commitment to the company's mission, reducing the likelihood of burnout. Employers can foster this alignment by clearly communicating and embodying their values, providing opportunities for employees to contribute to meaningful projects, and fostering a culture that values individual growth and well-being.

Company Values Reflect Employee and Industry Growth

Burnout prevention can be effectively addressed by considering how brand or company values reflect the broader employee population and the direction of the industry. Understanding the needs, aspirations, and challenges of employees within the organization is crucial. By integrating the collective values and goals of the workforce into the company's values, employers can create a more inclusive and supportive environment that promotes well-being. Moreover, aligning with the industry's direction ensures that employees are equipped to navigate emerging challenges and changes, reducing the risk of burnout caused by feelings of being left behind or overwhelmed.

Supporting Ongoing Congruence and Alignment

Preventing burnout requires continuous efforts to support and maintain congruence and alignment between personal and organizational values. Employers can provide ongoing training and development opportunities that enable employees to refine their skills and align them with their personal values. WISE Wellness Guild provides a program that supports development and regular feedback and communication channels, fostering a culture of work-life balance and promoting self-care practices.

Providing support systems like employee assistance programs can contribute to sustaining alignment and preventing burnout.

Ongoing congruence between personal and organizational values promotes a healthier and more fulfilled workforce.



"Your people are your culture, and your culture is your brand. The future of company growth is reliant on congruence between individual, consumer and and corporate values."

MISSION: MENOPAUSE

In the United States, menopause affects millions of women, with approximately 6,000 women reaching menopause each day. The average age of menopause in the U.S. is around 51 years old, although the onset can vary widely from woman to woman. This transitional period marks the end of reproductive years and is characterized by a decline in estrogen and progesterone hormone levels, leading to a range of physical and emotional symptoms.

Womaness

Womaness has revolutionized menopause care by offering a comprehensive range of products specifically designed to address the unique needs and symptoms experienced during menopause. From hormone-free supplements to intimate wellness solutions, Womaness has become a trusted companion for women seeking effective and tailored support during this transformative stage. One key aspect of Womaness's approach to menopause care lies in their commitment to natural and evidence-based ingredients, utilizing botanicals, vitamins, and minerals.

"Asking for a Friend" Podcast

Removing the taboo from the topics that really matter to midlife women. Host Michele Folan, a 26-year veteran of the health industry, sales leader, coach, mom, wife, and self-professed life-long learner, gets your questions answered by respected experts in their fields, and she speaks to women just like you, who are stepping out of their comfort zones to make their lives and the lives of others more fulfilling. Asking for a Friend will dive deep into health, wellness, career, relationships, and everything in between. Let's celebrate these amazing years of our lives with honesty, wisdom and lots of humor, because no one said we have to go quietly into this chapter.



Stella

Stella is a virtual clinic for menopause support offering everything you need to manage your symptoms, on your own terms. The online assessment guides winning experiences.

"We have developed a line of clean formulations to help women deal with the major symptoms of Perimenopause and menopause."

PROGRESS IN POSTPARTUM

In recent years, there have been significant advancements in postpartum care, aiming to provide better support and recovery for new mothers. By addressing the holistic needs of new mothers, including physical, emotional, and psychological aspects, advancements in postpartum care aim to promote a healthier and more fulfilling transition into motherhood.

Boram Retreat

Incorporates various innovative techniques to enhance postpartum recovery. For instance, they provide specialized massage therapies that promote relaxation, relieve muscle tension, and improve circulation. These massages can help alleviate physical discomfort, such as back pain or sore muscles, while also reducing stress and promoting overall well-being. Additionally, the retreat offers nutritional guidance, ensuring new mothers receive a balanced diet to support their healing process and energy levels. Boram Retreat and similar facilities prioritize mental and emotional well-being. They offer counseling sessions and support groups where women can share their experiences and seek guidance. These programs address common concerns like postpartum depression and anxiety, providing a safe space for women to express their feelings and receive appropriate assistance.

Perifit

More than 1 billion women worldwide suffer from pelvic floor disorders such as incontinence. Pelvic floor muscle training (Kegels) can treat incontinence and strengthen your pelvic floor. Research suggests that about 1 in 4 (or about 25%) of women have difficulty performing a proper Kegel, and may be exercising in a way that could make things worse. Perifit uses its unique double force-sensor technology to detect improper technique and guide your pelvic floor workouts.

AIM for Wellbeing

Fundamental Prenatal provides a science-based combination of supplements, vitamins, minerals, and an array of antioxidants that reflect the latest research in prenatal nutrition to provide optimal health from preconception to nursing. This science-based combination features targeted nutrition in a convenient once-daily packet.



SELF-WORTH WORK

Self-work is essential for healing and growth as it empowers individuals to introspect, address their emotional wounds, and develop healthier coping mechanisms, leading to personal transformation and resilience. By actively engaging in self-reflection and self-improvement, individuals can cultivate self-awareness, enhance emotional intelligence, and foster a deeper sense of self-acceptance and fulfillment.

Presence With Love

Meagan Connley is a personal growth coaching business that leverages the Enneagram, Somatic Therapy, and subconscious belief change. Uniquely, Connley uses PSYCH-K®, an interactive, whole-brained process for shifting limiting subconscious beliefs, aligning mind, body, and spirit to rewire new patterns.

Towanda Wellbeing

Tammy Waldron leads at the intersection between guiding people to find their inner peace and empowering people to live into their best selves. ThetaHealing® + supportive holistic coaching strategies that provide opportunities for people to discover and anchor into their true selves and embody well-being in their thoughts and actions.

Earth & Ether

Beth Porter collaborates with individuals all around the world, helping them to remember who they are by returning to wholeness through Emotional Polarity Technique™ (EPT™). As an EPT™ practitioner, she leads you in transmuting your wounding (traumas, unprocessed emotions, pain, limiting beliefs, past life imprinting, etc.) so that you can show up in this world fully as you.

Ask Ashlee

The mindful practice of affirmations aide you in relearning a healthier way of envisioning yourself. Being mindful of your every day thought prevents you from being stuck in a cycle of negativity and self damaging ideas. "I Am Who I Say I Am" is a guide to help you understand how affirmations work and provides you with a jump start on your journey towards the you that you want to become.



Ask Ashlee



Tammy Waldron
Towanda Wellbeing



Beth Porter
Earth & Ether



Meagan Connley
Presence With Love

Partner w/ Us

WISe Wellness Guild is proud to work with top global companies to catalyze healthy brands and company cultures. Let's connect to learn more about how we might work together to support your organization's objectives.

Subscribe

Subscribe to our newsletter to receive weekly wellness to your inbox.



Email us to work with us or to be connected to any of our featured experts

hello@wisewellnessguildpartners.com



Website

wisewellnessguildpartners.com



Explore Marketplace Partners

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