# MindWell Presentation Speaking Notes

Powerpoint:

PDF:

**Slide 1: The Resilience Solution for Your Organization**

Introduce MindWell to your group. Things to include might be:

* Why your organization has chosen to work with MindWell
* Your own experience with MindWell

**Slide 2: MindWell Creates a Culture of Resilience**

Show them the benefits of using MindWell. Call out some of the ones that might be especially interesting to your folks. Most are interested in stress reduction, improved mental health and focus. Are there specific stats here that helpful to the people you’re presenting to? For example, if you’re presenting to leaders who will be using MindWell within their teams - leadership, engagement and collaboration would be very appealing. These statistics are based on over 100,000 users on MindWell and 10,000 surveys completed.

**Slide 3: Reflect**

Take a moment to have people reflect on how this would benefit them both at work and at home. Offer them a moment to think, and then discuss as a group. This will help encourage folks to join MindWell, as they see the direct benefits it will have on them.

**Slide 4: Take 5**

Introduce them to MindWell’s main practice, Take 5, by clicking the link and watching the video together. Invite them to follow the cues throughout the video. This video is meant to be instructional so people learn how to guide themselves through a Take 5. The steps of Take 5 are guiding you in bringing your attention back into the present moment. Take 5 is a new exercise that takes time to practice and you get better at. Like brushing your teeth, think of Take 5 like mental flossing and over time it becomes a habit.

After the video, you could ask questions such as:

* How do you feel NOW?
* How do you think you can fit Take 5 into your day?

**Slide 5: MindWell's Solution**

There are three main areas inside the MindWell app which are presented on this slide.

While we do recommend that everyone goes through the available Trainings, they will benefit from engaging with any of the above options.

Unless your organization has deemed the training mandatory, encourage them to consider which option(s) feel most exciting or doable for them.

**Slide 6: MindWell's Solution - Take 5 Daily**

Going through the Take 5 Daily training is the fastest way to see results. If you are doing a MindWell or organizational cohort of Take 5 Daily, now is a great time to have them register.

You can share the URL with them, changing out “YourCustomURL with your custom company token : https://app.mindwellu.com/YourCustomURL/training

**Slide 7: MindWell's Solution - Live Classes**

Go over the various types of classes that we have. Live classes are a great way to take a break during the day that will actually make you feel energized, instead of drained (like might happen if you choose to scroll social media on your break instead).

These live classes are just 20-30 minutes in length and are a great way to rejuvenate through the day.

Everything from physical movement to cooking and more.

They can see updated themes and programs at: <https://app.mindwellu.com/YourCustomURL/liveClasses> (again, ensure you switch out “YourCustomURL” to your custom organization token)

**Slide 8: MindWell's Solution - Video Library**

Can’t join a live class? Check out the video library which is updated every week with recordings of live classes.

Use the filter to find a topic, instructor or type of class that suits what you need in the moment. Topics include stress management, leadership, increasing focus and so much more.

<https://app.mindwellu.com/YourCustomURL/library> (again, be sure to switch out “YourCustomURL” with your organization’s custom token)

THis is also a great opportunity to choose a video and watch with the team.

**Slide 9: Getting Results**

This is a great opportunity to get some commitment from your group.

Have them take a moment to reflect on how they can see themselves using mindwell. Have them log in and get started!

**Slide 10: Wrap-Up**

Encourage folks to sign up or log in and take action right away.