



THE WELL METHOD: LEADERSHIP EDITION

HOW IT WORKS

THE WELL METHOD FOR LEADERS IS A ONE-YEAR EXECUTIVE COACHING + CORPORATE WELLNESS PROGRAM

Our program is designed to enhance each leader's individual effectiveness and overall organizational success.

Organizational leadership and corporate wellness are often overlooked aspects of organizational success yet studies prove that employees who feel supported, motivated, and equipped in their roles perform better and are more engaged in their work.

As an organization, you'll choose 10 female leaders that would benefit from this high-level executive coaching experience.

Each leader will meet with Marissa Nash, Executive Coach, bi-weekly for 50 minutes over the course of 12 months. Session topics can be found [here](#).

Additionally, each female leader will meet for a group session for organizational leadership training led by Marissa Nash.

Twice per year, an off-site retreat will be led and hosted by Marissa with each of the female leaders to engage deeper in their personal development and wellbeing.

The entire program can be offered virtually as needed.

WHY INVEST IN EXECUTIVE COACHING COMBINED WITH CORPORATE WELLNESS

According to Harvard Business Review, work is getting more demanding and complex, and because many of us now work in 24/7 environments, anxiety and burnout are not uncommon. In our high-pressure workplaces, staying productive and engaged can be challenging.

Investing in employee personal growth and development from the perspective of wellness is the first step in unleashing creativity, enabling potential, and supporting sustainable productivity.

THE STATS

Stress levels at work are rising.

According to a Regus Group survey of over 22,000 business people across 100 countries, over half of the global workforce (53%) reported that they are close to burnout.

"Burnout" is now officially recognized by the World Health Organization (WHO).

Workplace stress is estimated to cost the U.S. economy more than \$500 billion dollars, and each year, work days are lost due to stress on the job.

Johnson & Johnson, an industry leader in workplace wellness shared with Harvard Business Review that their wellness programs have cumulatively saved the company \$250 million on health care costs over the past decade; from 2002 to 2008 and the return was \$2.71 for every dollar spent.

It has been found that employees with higher levels of well-being perform better at work. Additionally, they are found to be more cooperative, develop and maintain more satisfying relationships, develop stronger immune systems, experience fewer sleep problems, have lower levels of burnout, can increase their self-control, engage in better self-regulation and coping abilities, and are more sociable in the workplace



MEET MARISSA NASH

CREDENTIALS

CERTIFIED PROFESSIONAL LIFE COACH

EXECUTIVE COACH

B.A. CORPORATE COMMUNICATIONS
PENN STATE UNIVERSITY

M.A. IN ORGANIZATIONAL LEADERSHIP
CONCORDIA UNIVERSITY IRVINE

1,000+ HOUR YOGA INSTRUCTOR
COREPOWER YOGA + HATHA YOGA

MINDFULNESS MEDIATION TEACHER
MBSR (MIND BODY STRESS RELIEF) CERTIFIED
THOMAS JEFFERSON UNIVERSITY

THE SCIENCE OF WELLBEING CERTIFIED
YALE UNIVERSITY

CURRENTLY PURSUING

AYURVEDIC YOGA THERAPY CERTIFICATION

HEALING TRAMA + SOMATIC HEALING WITH PETER LEVINE

SCHEDULE A CONSULTATION

[SCHEDULE HERE](#)

FOR QUESTIONS:
EMAIL MARISSA@THEWELLCO.ORG
+ SHE'LL GET BACK TO YOU WITHIN 48 HOURS