

BYTE-SIZE WELLNESS ACADEMY

Online Wellness Self-Coaching Program

Early Bird Enrollment Open Now

I'M INTERESTED. LET'S TALK!

Dr. Kim's SHRM accredited program is now ready for your desktop (or mobile device)! This **self-guided** wellness program focuses on high-level wellness through a 5-step journey: self-care, healthy eating, sleep hygiene, fitness and mindfulness. All content is delivered through **micro-learning**: short (5-10 minutes) video lessons that easily fit into busy workdays and everyday lives.

Employee Wellness

MICRO-LEARNING

5-Module Program
(with short 5-10 minute lessons)



Workplace Wellness

BONUSES FOR HR!

Online Resources:

- ✓ Quick & easy ways to create a healthy workplace culture
- ✓ Wellness challenges to engage employees
- ✓ Kick-off / starter kit

PLUS

Workplace Wellness Mastermind Group:

- ✓ Community supported group
- ✓ Moderated discussion forum
- ✓ Biweekly live Q & A with Dr. Kim
- ✓ Monthly wellness topics and/or micro-breaks

BONUSES

- ✓ 30+ Video Stretch Micro-Breaks
- ✓ 365 Digital Wellness Bytes (tips)
- ✓ 12 Digital Healthy Lifestyle Tip Sheets

TAKE CARE OF EMPLOYEE WELLNESS AND CREATE A HEALTHY WORKPLACE CULTURE
– without adding to your busy “to do” list



Byte-Size Wellness Academy is recognized by SHRM to offer Professional Development Credits for SHRM-CP or SHRM-SC