

Unlock Your Agency's Potential

Help Employees Tap Into Purpose And Unlock Their Potential

Workplace productivity is directly impacted by how well employees feel their organizations appreciate, understand, and listen to them. Staff flourish in psychologically safe workplaces that promote emotional intelligence, stress management, and wellness.

The **Free Minds Workplace Wellness Program** from **iOpening Enterprises (iOE)** delivers online courses and in-person professional development that focuses on workplace wellness from a whole-person perspective. Designed for staff and leadership in both for-profit and nonprofit worlds, this training offers actionable tools for achieving work and life fulfillment rooted in psychological science.

The program makes an immediate impact on organizations by helping them:

- Retain top talent
- More successfully navigate diversity, equity, and inclusion (DEI) issues
- Maximize staff potential for making meaningful contributions to the workplace

With this training, staff and leadership are empowered to practice workplace wellness skills that spark more meaningful contributions as individuals and maximized productivity as a business.



Enlighten

Your organization with a program that helps them build psychological safety in the workplace and increase emotional intelligence—accelerating work production and enriching the quality of their work.



Engage

Your team with activities designed to better understand what motivates them in the workplace. Staff will leave the program feeling heard, better able to manage workplace stress, and motivated to achieve the balance they seek in work and life.



Elevate

Your organization holistically and systemically with leadership development practices that ensures your company reflects workplace wellness values rooted in equity and inclusivity.

Free Minds Workplace Wellness Program Solutions

Webinar and Virtual Training.

Content from the Free Minds Workplace Wellness Program creates the foundation for psychological safety and emotional intelligence in the workplace. By improving communication and trust guided by greater self-awareness, the workplace can be enriched with innovative ideas that staff are willing to share without fear and growing synergy that accelerates work production and enriches work quality. The program includes custom webinars designed specifically for your organization and virtual training options for leadership to integrate workplace wellness into their organizational philosophy and practices.

In-Person Training

Our comprehensive in-person training program provides 12 to 16 hours of professional development and 4 hours of virtual training for leadership. This in-depth, interactive professional learning experience uses a diversity, equity, and inclusion lens to tailor strategies to your organization's needs and build on the unique skills and strengths of your workforce. These strategies leave staff feeling heard, able to better manage workplace stress, and motivated to achieve in work and life.

System-Wide Improvement Consultation

Building on the comprehensive in-person professional development, elevate your organization holistically and systemically with practices that help you ensure that wellness values are rooted in equity and inclusivity and are embedded in your workplace. Ensure that your company's values and philosophy are informed by the best practices in workplace wellness and DEI with organizational assessment and implementation team development support, executive coaching, and strategic planning guidance.

Contact us at customercare@iopeningenterprises.com or 310-694-6008 to find out how professional development training from iOpening Enterprises can help your organization unleash its potential by empowering its people.

About iOpening Enterprises

iOpening Enterprises is a professional development and media company that unlocks individual potential and ignites organization-wide improvement with a unique set of professional development programs. Our programs translate psychological science into tailored wellness strategies for organizations, schools, and justice professionals to solve their most pressing challenges.

