

# Why You Should Be Sending Your Employees To The Global Workplace Wellness Summit



The world of work is changing. There has never been a more complex and yet opportune time to be a leader of people at work. The changes and challenges to leading and managing people have never been swifter and more complex. This means that leaders need to make tough decisions at lightning speed without any precedence to follow.

The fears, anxiety, and stress that come from these tough decisions have left many leaders working in a constant state of anxiety, unable to sleep at night. At the same time, employees have never felt as liberated with so many options to merge life and work in ways that suit their needs and those of their families.

This means that the choices of leaders and employees are often conflicting, causing even more employees to start making their exit plans from work. The global pandemic has also brought with it the (You Only Live Once) YOLO effect. Thus, many employees claim that the pressure of work is the most significant source of negative stress in their lives.

According to the [American Institute of Stress](#), work stress cost in the United States is estimated at over \$300 billion annually, pre-pandemic. The cost of stress is felt inside and outside work with employees becoming ill with a range of chronic illnesses, heart disease, some cancers, and mental illness and disease.

It is estimated that the post-pandemic cost of stress has tripled and so has the cost of healthcare, food, and housing. It is expected that the gap between rich and poor is getting wider in all parts of the globe. Thus, organizations must make significant changes in the way we run workplace to reduce stress at work and mitigate cost of ill health for employees and employers.

There has never been a more important time for organizations to ensure that their leaders and employees are on the same page where health and wellness are concerned. Organizational leaders need to reframe their thinking about wellness at work and get on the same page with their employees about workplace health, wellness, and performance because work significantly influences how we live our lives.

The 4th annual [Global Workplace Wellness Summit](#) is geared to expose employees and leaders to a similar conversation around the most comprehensive wellness model on the market, the **WIS® Method**. This process will expose them to a comprehensive wellness focus and to strategies to improve wellness in work and life.

The goal of the Summit is to facilitate powerful conversations around inclusive wellness in all its forms. Employees and leaders will have the opportunity to learn about the health and performance charter, and engage in various levels of activities around spiritual, social, emotional,

occupational, intellectual, environmental, financial, physical, and interpersonal wellness choices in life and at work that could impact their career, health, and performance.

The summit provides an affordable way for organizations to immerse their entire workforce in a wellness mindset that will foster a culture of inclusive wellness at work. The rapid rate of mental illnesses, diseases, and stress means we need take a more comprehensive and deliberate approach to improve wellness at work. By onboarding everyone at work on the nine dimensions of wellness, your workplace can accelerate change and return on wellness investment.

We can no longer maintain the same old pre-pandemic attitudes about wellness. It is well known that employees take their learning home, so the population health impact is guaranteed through workplace wellness strategies and learning. It is critical for employees to be exposed to the same message as the fastest route to create a culture shift of wellness at work.

The 2021 Summit is offering organizations some high value membership packages that will allow them to bring their entire team to learn and interact with a powerful agenda on workplace wellness with a global perspective.

We have learned from the pandemic that the health and wellness of every country can impact ours, so the Summit is providing a way for organizations in developing countries to also participate and learn about wellness practices and procedures for workplace wellness, even without a budget.

We invite you to join us in our efforts to promote health and wellness competencies in workplaces everywhere.

The Global Workplace Wellness Summit is being hosted by Interpersonal Wellness Services Inc. (IWS) a Canadian company based in the city of Winnipeg. The virtual Summit brings together best practices, tips, and tools to promote a culture of wellness at work. This year, IWS launched Faces of Workplace Wellness Magazine as another vehicle to help make wellness at work more practical and inclusive for all size organizations everywhere. They have also announced that the 5<sup>th</sup> Summit will take place live on August 9-11, 2022, in Winnipeg Manitoba, Canada. Start planning to be there. IWS is led by Joyce Odidison, a fabulous team, boards and committee members who make all this possible.

## Your organization can register for the Global Workplace Wellness Summit

[CLICK HERE](#)

**Contact the IWS team with questions as  
a sponsor or partner at**

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**GLOBAL WORKPLACE**  
Wellness Summit