



An Out-of-the-Box Well-Being Program To Help Your Teams Be Their Best

We put proven research from the fields of positive psychology, neuroscience, and behavior change into impactful programs to help teams learn to thrive in all aspects of life.

Employees and leaders will learn 12 science-backed skills while building stronger teams through dialogue and connection.

Bring Well-Being To The Top Of The List **Without** Sacrificing Productivity

Every single employee is critical to your company's success. But with hundreds, and even thousands, of employees, it's hard to take care of them all.

And yet—what if they could truly learn to flourish and better care for themselves and their team?



More resilient teams for a more resilient future

BetterYet is a simple-to-implement well-being program to help your employees learn to be **more positive, optimistic, and resilient.**

Increase employee engagement and well-being in short, weekly sessions

Develop stronger, **more productive teams** through team-building exercises

Reduce turnover and burnout with easy-to-integrate habits and skills

Have **healthier, more positive employees** by learning science-backed skills to thrive

Build your leaders, develop stronger teams, and create a healthier, happier and higher performing organization with BetterYet Teams and BetterYet Leaders.

Build The Skills To Flourish

Be the catalyst of change in your company—start the positive cycle of your team caring for themselves and for others.

FOR TEAMS



Develop the whole person, beyond traditional on-the-job training

Designed to be easy to roll out for mid to large-sized organizations, BetterYet Teams is a scalable and impactful way to bring everyone closer together. All in only 15-20 minutes a week.

- ✓ Engaging short weekly video lessons
- ✓ Team-building dialogue questions
- ✓ Skill builders to build long-lasting healthy habits

The Champion Option

Empower managers or leaders to facilitate the program with their teams.

The Self-Guided Online Option:

Team members complete the program on their own schedule.

FOR LEADERSHIP

- ✓ Build stronger relationships across your leadership team
- ✓ Develop more positive leaders for a more productive work environment
- ✓ Integrate new well-being leadership skills and habits



Inspiring, more resilient leaders, now and in the future

In live (or virtual) monthly workshops, your leaders will go in-depth on how to integrate the 12 science-backed skills for more meaningful, fulfilling lives.

Includes:

Lively Engaging Workshops
For Team Building

Skill-Building Digital Resources

BetterYet Leaders Workbook

Monthly Office Hours

Bring BetterYet to your organization.

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