

# LIVE VIRTUAL WELLNESS RETREAT FOR CHANGEMAKERS

**A 2-Day Interactive Experience Designed to Help You Increase Your Well-Being So You Can Increase Your Well-Doing**

*“Love the practical, hands-on tools as well as how to implement them slowly in a way that's not overwhelming.”*

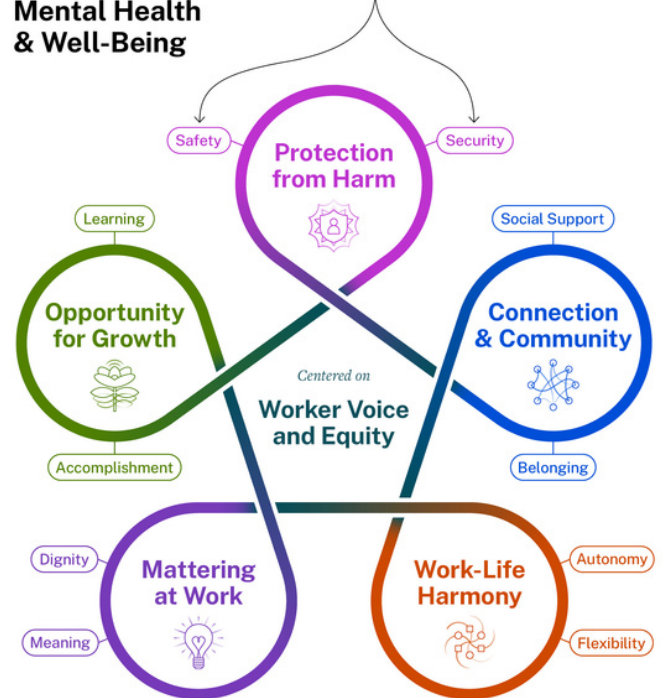


- C**onnect to your WHY
- H**onor your priorities
- A**cknowledge your limiting beliefs
- N**egotiate boundaries
- G**o within
- E**mbody well-being while well-doing

This retreat focuses on practices and strategies connected to the C.H.A.N.G.E. framework for well-being while well-doing that address the U.S. Surgeon General’s Five Essentials for Workplace Mental Health and Well-Being.

### Five Essentials for Workplace Mental Health & Well-Being

Centered on the worker voice and equity, these five Essentials support workplaces as engines of well-being. Each Essential is grounded in two human needs, shared across industries and roles.



Questions? Email [meico@mindfultechie.com](mailto:meico@mindfultechie.com)  
Learn more → [mindfultechie.com/retreat](https://mindfultechie.com/retreat)

## We'll tackle the inner work of addressing:

- Guilt about not being able to get it all done with grace.
- Fear of setting boundaries.
- The anxiety of imposter syndrome.
- Grief resulting from what we've lost in the transition to a post-pandemic world.

## We'll also tackle the outer work of practical shifts we can make as individuals in the changing workplace around:

- Setting intentional goals.
- Effective priority setting to finish the year strong.
- Setting and protecting boundaries.
- Making space to rest and recharge in a sustainable way.



Tackle the inner & outer work of well-being while well-doing.



Confront imposter syndrome & limiting beliefs.



Conquer hybrid workplace distractions.



Get support from a community of smart, heart-centered changemakers like you.



One year of unlimited access to video lessons, handouts, and monthly live retreat sessions.

*“Solid content, realistic approach, and framework. Changed my daily approach to work and personal life in big and small ways. Go for it!”*

## Facilitated by Meico Marquette Whitlock

*Founder & CEO, Mindful Techie*

*Certified Mindfulness Teacher*

*Recovering Workaholic*

*Former Nonprofit & Government Techie*



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