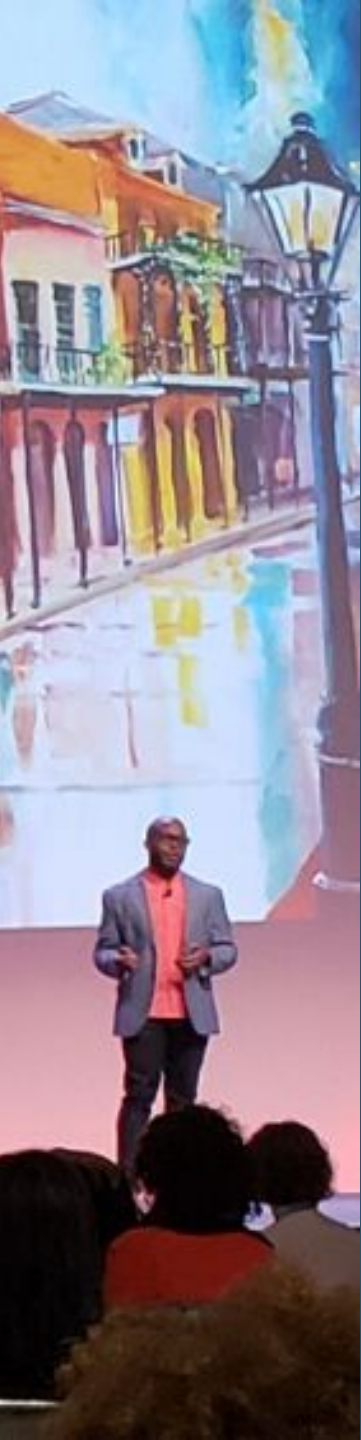




MINDFULTECHIE™
Live a Balanced Life in a Digital World

PROGRAMS & SERVICES

Meico Marquette Whitlock
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mindfultechie.com



VISION

To create a **culture of wellbeing** for all **changemakers** so you can:

- Do your **best work**
- Live your **best life**
- Sustainably address our **greatest challenges**
- Create a **better world** for all of us

WHAT I DO

I partner with you to create **strategies** and deliver **programs** that:

- **Attract** and **retain** talent.
- Build a culture of **belonging** and **inclusion**.
- Improve **employee engagement**.
- Create an exceptional **employee experience**.
- Improve **performance** and scale **impact**.
- **Mitigate** burnout risk.

HOW I DO IT

- » Speaking, **training**, and facilitation
- » Conducting **well-being assessments**
- » Developing **well-being strategic action plans**
- » Developing **learning and development plans**
- » Planning and delivering **well-being programs**
- » **Coaching** individuals and teams
- » Serving as a **fractional well-being staff**
- » Serving as your well-being **consultant** and **advisor**

FRAMEWORK



Connect to your WHY
Honor your priorities
Acknowledge your limiting beliefs
Negotiate boundaries
Go within
Embody well-being while well-doing

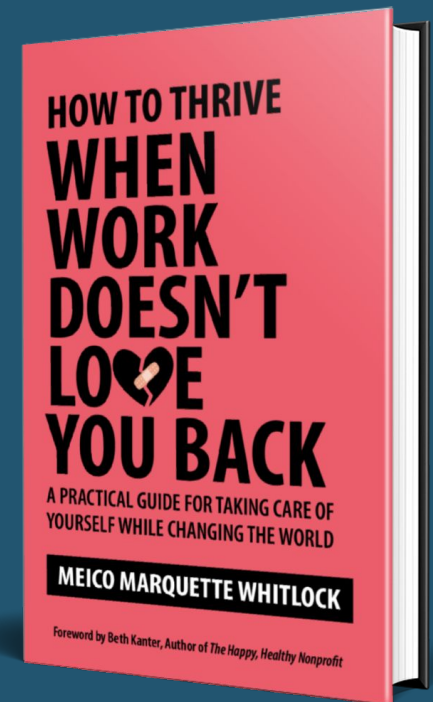
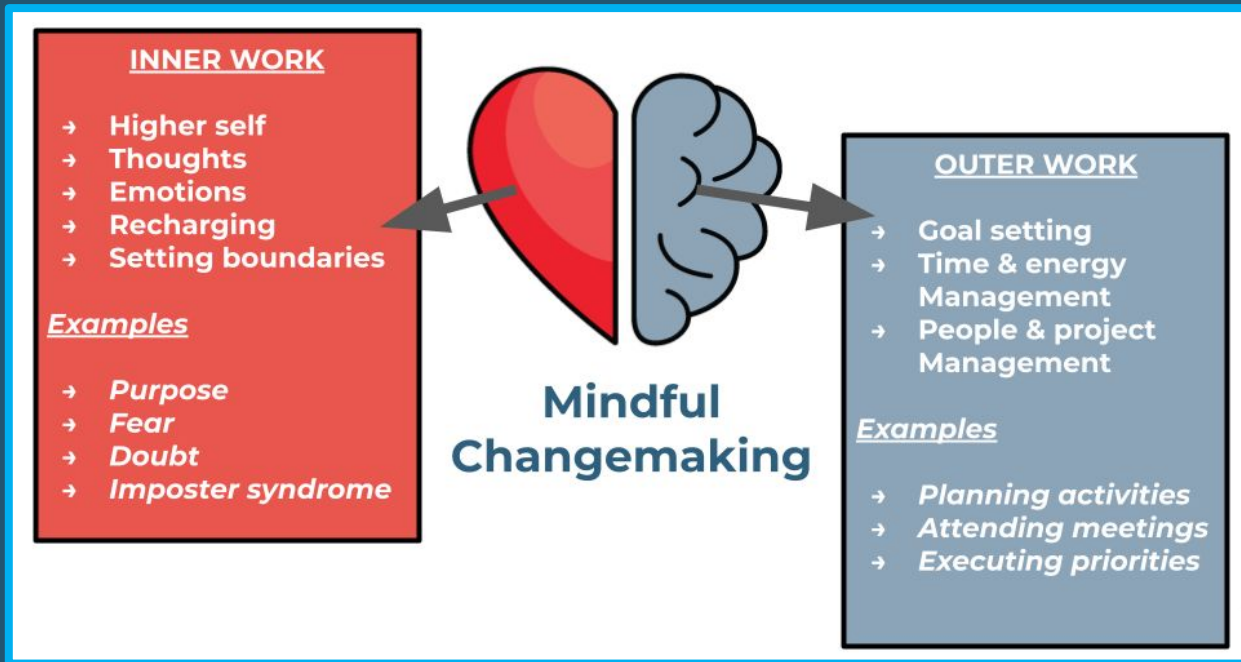
Programs use practices and strategies connected to the **C.H.A.N.G.E. framework** for well-being while well-doing that address the **U.S. Surgeon General's Five Essentials for Workplace Mental Health and Well-Being.**

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.



FRAMEWORK



Programs holistically address the **inner work** and **outer work** of **mindful changemaking**.

CLIENTS



TESTIMONIAL

“Meico is a leader with a deep commitment to promoting wellness and mindfulness. Through his partnership with Keela, he’s created tools and shared resources that support thousands of nonprofit professionals to lead balanced, purposeful lives in a digital world.

His contributions have significantly helped our team and users to tackle stressful situations and be more productive in the workplace. Working with Meico has proven to be an incredible decision and I’m looking forward to building on our great relationship.”

Nejeed Kassam
Former CEO
Keela

EXAMPLES

- » Facilitated a **retreat** to help development professionals rebuild in-person connections and learn best practices for returning to the office.
- » Conducted a **well-being assessment** for grantmaking professionals to assess how foundations could support the well-being of their staff in the post-pandemic workplace.
- » Developed a **10-part video series** on mindfulness for fundraising professionals overwhelmed by work stress.

EXAMPLES

- » Developed a SHRM and HRCI-certified **course and curriculum** on technology distraction for HR professionals and managers.
- » Created and facilitated CRFE and CAE-certified **professional development courses** on mindful leadership and work-life balance for nonprofit technology professionals.



SPEAKING

VIRTUAL TRAINING

Virtual courses and training are facilitator-led programs delivered virtually.

EXECUTIVE RETREATS, STRATEGIC-PLANNING MEETINGS, AND GATHERINGS

Workplace change often requires a skilled facilitator to craft a framework and guide discussions.

IN-PERSON TRAINING AND FACILITATION

Onsite training is training delivered to a private group at their location.

**Additional offerings include coaching, consulting, and custom projects.

TRAININGS & WORKSHOPS

We provide training on topics at the intersection of **mindfulness, productivity, technology,** and **living a life of meaning in a hybrid world.**

Trainings typically range from **60-90-minutes** to a **half-day** or **full-day/multi-day** workshop depending on how in-depth an experience your team or organization is seeking.

The ideal size for online and onsite training is up to **30 people.** However, adjustments can be made to accommodate larger groups.



TESTIMONIAL

“

The session was as much fun as it was transformative! I, too, walked away with some ‘precious nuggets’ of insight about how to be more mindful and intentional in my leadership and personal life. I will most definitely include this session in future fellowship retreats.

”

Lynette Aytch, PSYD
Director, Leadership Development Institute
Zero to Three

POPULAR TOPICS

GREAT FOR TEAMS & INDIVIDUALS

- How to Make Hybrid Work *Work*
- How to Have Better Meetings—
Zoom, Room, or Hybrid
- How to Take Care of Yourself &
Thrive in the Hybrid Workplace
- Effective Time Management in a
Hybrid World
- Digital Wellness in the Workplace:
How to Be Productive, and Create
Tech-Life Balance in a Hybrid World
- How to Use Games to Create a
Healthier Hybrid Workplace Culture
& a More Productive Team

GREAT FOR LEADERS

- Creating a Healthy and Mindful
Hybrid Workplace Culture
- The Inner and Outer Work of
Mindful Changemaking
- How to Be a Mindful
Changemaker and Social Change
Agent in Uncertain Times
- How to Conquer Workplace
Distraction: Creating a More
Inclusive Culture for
Neurodiversity

CUSTOM PROGRAMS AVAILABLE

Programs are available as an interactive keynote, workshop, breakout, retreat, virtual training, pre-recorded program, or a custom format that you choose.

[Learn more at mindfultechie.com/orgs.](https://mindfultechie.com/orgs)

CUSTOM TOPICS

- **Custom programs and solutions** are also available. Sometimes you may have needs that are not addressed by training, coaching, facilitation, or keynote speaking. In these cases, I work with you to develop customized programs and solutions to meet your needs.
- Programs are available as an interactive keynote, workshop, breakout, retreat, virtual training, pre-recorded program, or a **custom format that you choose.**

- From online events to pre-recorded programs to in-person engagements, Meico facilitates **fun, interactive, and transformative learning** and development experiences that help you and your team do great work even better in today's rapidly changing world.
- Many Mindful Techie learning and development programs are approved for **professional continuing education credits** and may be eligible for **reimbursement** through your organization's professional development program or HR department.

Learn more at
mindfultechie.com/orgs

TESTIMONIAL

“

Your sessions were fantastic! Several other people commented to me how much they appreciated them. I certainly brought home a lot, and I've already started implementing.

”

Danielle Ward
President, Association of Lutheran Development Executives
(Chicago Chapter)

ABOUT THE **FOUNDER/CEO**

- Meico Marquette Whitlock is a **workplace well-being strategist** and **certified mindfulness teacher**.
- He helps mission-driven professionals prioritize their **well-being** so they can elevate their **well-doing**.
- He is the **author** of the Amazon bestseller ***How to Thrive When Work Doesn't Love You Back*** and ***The Intention Planner***.
- He is known for his **vegan chili**.
- He is a former **triathlete**.





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SCHEDULE A **VIRTUAL TEA**

mindfultechie.com/teatime



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