



2024

Calm Workshops Session Catalog



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Tailored events for workplace mental health promotion, developed with the specific company's needs in mind

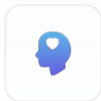


What is a Calm Workshop?

As a Calm customer, get access to hands-on, tailored Calm Workshops that help employees build community as they navigate their mental health and wellness journeys.



15-90 minute sessions that deliver clear, easy-to-implement mental health guidance and skill-building tips.



Topics include minimizing burnout and stress, leadership development, Diversity, Inclusion, Equity and Belonging (DEIB) in the workplace and building resilience.

What to Expect

- A health and wellness solution focused on education and training for your employees.
- Interactive skill-set workshops designed to help employees reduce stress, get better sleep, and develop mental resilience.
- Engaging training that encourages audience participation and reflection.
- Resource guides that provide follow-up content and tools beyond the training.

All workshops include:

- Education aligned with Calm in-app content
- Resource guides and workbooks
- Applied learning and reflection activities
- Audience participation and interaction

How to Set Up Your Calm Workshop

- 1 Schedule a Discovery call
- 2 Discuss your needs and learn about the Calm offerings best suited for your audience and event
- 3 Decide on the best offering for your team
- 4 Calm will create and schedule your session and provide additional resources for a turnkey event

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Fantastic introduction to the practice and great supporting materials to guide and encourage broader use within the organization.

BlackRock

My team found [the workshop] and practicing in real time very valuable. The team appreciated your practical guidance. Your tips were practical and felt feasible for the busy leader.

scJohnson



Calm Fundamentals Tutorials

Calm Fundamentals

In this general session, we'll cover how to navigate and get the most out of the Calm experience to get better sleep, stress less and relax more.

Duration options:

30 min

45 min

Calm Fundamentals for Sleep

Discover how daily activities impact sleep and how your people can use Calm to fall asleep faster and stay asleep.

Duration options:

30 min

45 min

Calm Fundamentals for Stress Management

Identify the differences between stress and stressors and learn how Calm can help your team manage their overall stress.

Duration options:

30 min

45 min

Calm Fundamentals for Building Resilience

Build emotional resilience through awareness exercises and Calm's in-app resources.

Duration options:

30 min

45 min

Calm Fundamentals for Work

Kickstart a self-led 4-week program that teaches your organization how the Calm app can support their relationships and well-being at work.

Duration options:

30 min

45 min

Calm Fundamentals for Mindful Parenting

Discover the features of Calm tailored for parents and children while exploring various mindfulness practices.

Duration options:

30 min

45 min



Health and Wellness Workshops

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Bringing Self-Care to Life

Join us for an opportunity to connect, relax, and learn how to prioritize self-care. During this session, participants will identify the value of self-care. They will brainstorm ideas of what self-care can look like as well as obstacles that may get in the way. By the end of the session, participants will create a personalized self-care plan.

- Explore self-care and its effects on mental, physical, emotional and environmental well-being
- Examine personal barriers to self care
- Identify the personal benefits making self-care a priority
- Develop a self-care plan that nourishes life areas where you need it most

Duration options:

30 min

45 min

60 min

Sessions indicated by blue outline include breakout rooms.

Designing a Gratitude Roadmap

Join us for an opportunity to learn more about the benefits and science behind an intentional gratitude practice. During this workshop, participants will have an opportunity to embody gratitude through different practices, while creating a habit of gratitude in their everyday lives.

- Analyze the difference between a gratitude practice and misconceptions of gratitude
- Outline the benefits of consistent gratitude practice
- Practice various gratitude exercises
- Make a gratitude habit in the Calm App

Duration options:

30 min

45 min

60 min

Sessions indicated by blue outline include breakout rooms.

Designing Healthy Habits that Last

Experience “aha!” moments about rewards-based learning and its impact on our behaviors. During this hands-on workshop, participants will explore a blueprint for designing habits. They will learn how to avoid common pitfalls that prevent successful behavior change and create a personalized action plan that they can easily apply.

- Explore why our brains form habits and how it works
- Identify behaviors to enable healthy habits
- Recognize and avoid the pitfalls of habit formation
- Design a personalized habit plan

Duration options:

30 min

45 min

60 min

Sessions indicated by blue outline include breakout rooms.

Creating Connections

Loneliness and lack of connection is on the rise. In this workshop, participants will learn about the various forms of loneliness and how they can increase their connection to themselves and others. Through self-check-ins and value identification, participants will create a simple plan of action to increase empathy, productivity, and creativity.

- Recognize the causes and impact of loneliness
- Learn the benefits of decreased connection
- Discover how needs, feelings, and values impact our sense of connection
- Create a value-driven action plan towards connectedness

Duration options:

30 min

45 min

60 min

Sessions indicated by blue outline include breakout rooms.

Calm for Families

While families navigate the impact of today's challenges, their expectations, needs and values continue to evolve. In this session we explore how values influence the expectations we set and ways to manage our expectations more mindfully to support our families resilience and wellbeing.

- Recognize the challenges families face today
- Review what expectations are and ways to manage them
- Discover how personal values influence expectations
- Formulate a revised expectation on a future situation
- Identify Calm resources that supports you and your family

Duration options:

30 min

45 min

60 min

Sessions indicated by blue outline include breakout rooms.

Sleep is Your Superpower

Sleep is often viewed as a luxury. However, sleep powers our minds, our bodies, and our teams. There is no tenant of health that sleep doesn't affect. Even a few hours of lost sleep impacts our thinking, mood, and memory. During this session we will learn about the effects of poor sleep and share practical tools to unleash the power of rest.

- Discover physiological relevance and impact of poor sleep on mood, mind and body
- Discover benefits of quality rest
- Explore sleep hygiene and its effects on sleep
- Design a personal strategy to improve quantity and quality of sleep

Duration options:

30 min

45 min

60 min

Sessions indicated by blue outline include breakout rooms.

The Power of Resilience

Now more than ever life stressors are creating challenges for individuals and the workplace as a whole. However, these challenges can become a pathway to strengthen our ability to adapt, lean in and rebound from adversities. This session focuses on practical tools that participants can use to power up their resilience. Calm resources will be shared.

- Explore the impact of over-responsibility and the role of healthy boundaries to strengthen resilience
- Compare key characteristics of a fixed mindset vs a growth mindset
- Complete a mindset self assessment
Consider the benefits of a growth mindset

Duration options:

30 min

45 min

60 min

Sessions indicated by blue outline include breakout rooms.

Developing a Resilient Mindset

Resilience has been shown to positively influence overall well-being. In this session, participants will discover simple meditation practices to strengthen the muscles of the mind, and cultivate a mentally resilient mindset no matter their current circumstances. Participants will also explore the power of connection to nurture and build resilience through a wide range of interactions in their personal and professional lives.

- Identify the signals and impact of low resilience
- Evaluate and strengthen sources of relational resilience
- Apply the principles of mindfulness to access in the moment resilience
- Expand your learning through Calm

Duration options:

30 min

45 min

60 min

Sessions indicated by blue outline include breakout rooms.

Foundations of Mindfulness

Mindfulness is a skillset people already have. During this workshop, participants will learn how to develop that skill set through formal and informal meditation practices to reduce stress and bring more presence in their lives.

- Define what mindfulness is and is not
- Experience several mindfulness practices
- Identify the benefits of mindfulness

Duration options:

30 min

45 min

60 min

Sessions indicated by blue outline include breakout rooms.

How to Create Work-Life Balance

Work and rest are often in constant competition, but they don't have to be. In this interactive session, participants will explore work-life balance from a birds-eye view. In addition to building awareness, participants will create an action plan that leverages the power of deliberate rest to bring out their best at work.

- Explore how to create more work-life balance
- Identify areas in life to improve for better health and well-being
- Create a realistic goal for better work-life balance

Duration options:

30 min

45 min

60 min

Sessions indicated by blue outline include breakout rooms.

Minimizing Stress and Burnout

Stress and burnout are something that many of us have experienced before. By understanding how it happens and recognizing the signs, you can flag problem situations early. During this workshop, participants will learn the difference between stress and burnout, identify their stressors, and discuss ways to minimize it in their daily routines.

- Discover evolutionary purpose of stress response
- Analyze key differences between stress and burnout
- Identify relationship between core values and burnout
- Build resilience through stress and burnout recovery strategies

Duration options:

30 min

45 min

60 min

Sessions indicated by blue outline include breakout rooms.

Healthy Boundaries and How to Set Them

When we set healthy boundaries, we help others understand what's important to us and how we'd want to be treated. In this workshop, you will identify where you would like to set healthy boundaries and how to develop them that empower you and those around you.

- Evaluate the impact of healthy boundaries
- Assess perceived barriers to boundary setting
- Examine what healthy boundaries are
- Practice setting a healthy boundary

Duration options:

30 min

45 min

60 min

Sessions indicated by blue outline include breakout rooms.

Intentional Feedback Conversations

In this workshop, participants will learn how to give a methodical and structured approach to giving feedback.. They will identify the importance of giving feedback to their colleagues regardless of title, role, or department to increase communication. Additionally, they will learn tips on how to receive feedback mindfully to improve their performance.

- Identify motivational, non-motivational, specific, and non-specific feedback
- Discuss the impact of feedback for you and your teams
- Identify traits of mindful listening

Duration options:

30 min

45 min

60 min

Sessions indicated by blue outline include breakout rooms.



Leadership Workshops

Only available for Premier & Premier Plus customers

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Minimizing Stress and Burnout for Leaders

Leading a workplace culture that is resilient against chronic stress and burnout is harder than ever. During this session, participants will evaluate their workplace resilience, learn to model self-efficacy and maximize leadership performance through stress and burnout prevention. This interactive session includes assessment activities and breakout opportunities to collaborate with other leaders to promote a cohesive culture of support and accountability

- Recognize the evolutionary purpose of the stress response
- Identify organizational risks of unmanaged stress and burnout
- Assess stressors and burnout indicators and their impacts on both leaders and their teams
- Develop tools and strategies to build leadership and team resilience to stress and burnout

Duration options:

60 min

75 min

90 min



Leading Cultures that Create Work-life Balance

Cultures that champion work-life balance start with transformational leaders. Transformational leaders are those that have answered the call to reimagine the modern workplace landscape by creating safe, productive, and enjoyable work environments. They recognize the unprecedented opportunity to reshape the world of work—establishing clear boundaries around what we do, so that work doesn't become the entirety of who we are.

- Explore how transformational leadership can create a safe space for teams to talk about work-life balance
- Define and outline what successful work-life balance would look like for your team
- Develop tools to help you build a work culture that promotes balance

Duration options:

60 min

75 min

90 min



Building Mental Health Literacy at Your Organization

Workplace cultures that honor mental health are not only higher performing, but also foster a greater sense of inclusion and belonging. During this session you'll explore and assess mental health literacy individually and organizationally, while discovering tools to improve and build literacy on your teams.

This interactive session includes breakout opportunities to collaborate with other leaders to promote a cohesive culture of support and forward movement.

- Define mental health and mental health literacy
- Assess organizational literacy
- Identify opportunity zones to increase literacy
- Develop tools to build mental health literacy at the personal and organizational level

Duration options:

60 min

75 min

90 min



Designing a Team Alliance

Designed Team Alliances (DTAs) are powerful tools that tease out the collective wisdom of our teams, while also cultivating a greater sense of safety and belonging. In this interactive session, leaders will have the opportunity to practice creating a Designed Alliance, while also building the skill set to facilitate the creation process with their teams.

- Explore Systems Inspired Leadership
- Establish a Foundational Awareness of Relationship Systems and Teamwork
- Develop Skills to Design Team and Leadership Alliances

Duration options:

60 min

75 min

90 min



Arriving Into Your Meetings

Employees are constantly running from one meeting to another without taking a moment to be present with the next person or task. In this session, we will experience a short arrival practice and learn how to create a culture of presence and self-care in your organization.

- Recognize an arrival practice and its benefits
- Experience a practice
- Apply and assess where it can fit into their workplace culture

Duration options:

15 min

30 min

45 min

60 min

Building a Strengths-Based Culture

Strengths-based cultures are powered by leaders. During this session, your team will learn how to maximize team performance through focusing on and individual's strength to create more resilient, efficient, and thriving teams. This session is interactive and includes breakout rooms to collaborate with each other on how to create a more strengths-based culture.

- Assess current workplace perceptions of using strengths at work
- Discover leadership strengths that promote high performance on your teams
- Develop tools and strategies to champion strengths within your organization

Duration options:

60 min

75 min

90 min



Communicating Care through a Mindful Employee Experience

When an employee feels their well-being matters, research suggests that their job satisfaction increases while stress and burnout decreases. During this session, we will review three different tools that leaders can use to communicate care to their employees.

- Identify where you can communicate care as part of the employees' experience
- Participate in a mindful listening exercise
- Facilitate an arrival practice
- Discuss how to have conversations at work about mental health with your peers

Duration options:

60 min

75 min

90 min





Diversity, Equity, Inclusion and Belonging Workshops

Only available for Premier & Premier Plus customers



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Bringing Well-Being to Life at Your Workplace through DEIB

Did you know Diversity, Equity, Inclusion and Belonging (DEIB) initiatives drive flourishing workplace cultures? However, recruiting and hiring quotas often miss the mark. Workplace cultures that invest in, and leverage the power of diversity go beyond a limited definition and create cultural containers of mental well-being, psychological safety, and belonging.

Join this interactive session to reflect and discover how to build workspaces that tap into the magic of inclusion, and act as conduits to positive mental health and peak performance.

- Explore the connections between diversity, inclusion and belonging within workplace cultures
- Identify parallels between belonging at work and organizational performance
- Assess opportunity zones for organizational maturity through the lens of DEIB
- Develop tools and strategies that teams and organizations can use to create inclusive workplace cultures

Duration options:

60 min

75 min

90 min





The Next Frontier: Mental Health & DEIB

Around the world, senior-level and HR leaders are seeking to understand how to bridge gaps between culture, innovation, engagement, retention, and the unique mental health needs of their workers through preventive support and inclusion efforts. In this interactive workshop, we'll dive deep to understand gaps at your organization and share specific tactics you can implement to ensure that every employee feels included and has equal access to mental health care that resonates with who they are.

- Explore new research that highlights gaps in relation to workplace mental health and diverse populations
- Benchmark your organization against your peers through assessment exercises
- Develop actionable tactics to build a more robust preventive approach to mental health and DEIB

Duration options:

60 min

75 min

90 min

Building a Culture of Inclusion

In today's fast-paced and ever-evolving workplaces, fostering a culture of inclusion isn't just a moral imperative—it's a strategic necessity. This interactive workshop transcends the conventional, equipping teams with the tools to dismantle unconscious biases, amplify diverse perspectives, and cultivate teams who champion inclusivity.

- Define inclusive culture and emphasize its workplace significance
- Identify and eliminate exclusive behaviors, recognizing their impact on inclusivity
- Utilize the BUILD framework in workplace scenarios to foster inclusive cultures effectively

Duration options:

30 min

45 min

60 min



Train the Trainer Workshops

Only available for Premier & Premier Plus customers



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Leading a Team Alliance

Leading a Team Alliance is powerful tools that tease out the collective wisdom of our teams, while also cultivating a greater sense of safety and belonging. In this interactive session, leaders will have the opportunity to practice creating a Designed Alliance, while also building the skill set to facilitate the creation process with their teams.

- Assess alignment with relationship systems and teamwork
- Practice skills to design team and leadership alliances

Duration options:

75 min

Sessions indicated by blue outline include breakout rooms.

Leading a Wellness Wheel Activity

During this interactive workshop, attendees will examine the concept of work-life balance from a holistic perspective within their individual lives. Beyond fostering awareness, participants will develop a strategic action plan that harnesses the benefits of intentional rest to optimize their performance at work. As they construct their personal wellness wheel, they will also gain hands-on experience in facilitating this activity with others.

- Construct your own wellness wheel and SMART goal
- Practice how to guide a wellness wheel activity
- Create a SMART goal with participants

Duration options:

75 min

Sessions indicated by blue outline include breakout rooms.

Leading a Boundary Setting Activity

When we set healthy boundaries, we help others understand what's important to us and how we'd want to be treated. In this workshop, you will identify where you would like to set healthy boundaries and how to develop them that empower you and those around you.

- Evaluate the impact of healthy boundaries
- Assess perceived barriers to boundary setting
- Examine what healthy boundaries are and how to set them
- Practice guiding a boundaries activity with your team

Duration options:

75 min

Sessions indicated by blue outline include breakout rooms.

Leading a Calm App Tour

In this session, participants will be shown how to navigate and get the most out of their Calm experience. During a guided tour of the app, we will explore how one can use Calm to bolster overall wellbeing through better sleep, mindfulness, meditation and more.

- Summarize how Calm helps with mental resilience
- Explore the different facets of the Calm app via virtual tour
- Practice leading a Calm tour with peers
- Plan a Mental Fitness challenge for colleagues and groups

Duration options:

75 min

Sessions indicated by blue outline include breakout rooms.

Leading a Core Value Discovery to Minimize Stress & Burnout

Stress and burnout are something that many of us have experienced before. By understanding how it happens and recognizing the signs, you can flag problem situations early. During this workshop, participants will learn the difference between stress and burnout, explore the impact of core values on resilience and develop tools to create more resilient teams.

- Analyze key differences between stress and burnout
- Explore how core values impact resilience to stress and burnout
- Learn how to lead a core value discovery exercise
- Develop resilience building strategies to take back to your teams

Duration options:

75 min

Sessions indicated by blue outline include breakout rooms.

Leading a Diversity Wheel Exercise

Did you know Diversity, Equity, Inclusion and Belonging (DEIB) initiatives drive flourishing workplace cultures? However, recruiting and hiring quotas often miss the mark. Workplace cultures that invest in, and leverage the power of diversity go beyond a limited definition and create cultural containers of mental well-being, psychological safety, and belonging.

Join this interactive session to reflect and discover how to build workspaces that tap into the magic of inclusion, and act as conduits to positive mental health and peak performance.

- Explore the connections between diversity, inclusion and belonging within workplace cultures
- Identify parallels between belonging at work and organizational performance
- Assess opportunity zones for organizational maturity through the lens of DEIB
- Develop tools and strategies that teams and organizations can use to create inclusive workplace cultures

Duration options:

75 min

Sessions indicated by blue outline include breakout rooms.



Session Add-Ons

Calm Tour

Instructors will guide participants through the Calm app in an interactive session. During the session participants will learn how to navigate the app, utilize tools from Calm, and create a personalized plan to move forward.

Duration:

15 min

Live Meditation

Help create a pause in your employees' workday with a live mindfulness meditation with a Calm instructor. In this community event, your team will meditate together, while getting a few quick tips on practicing mindful meditation.

- Can be a one-time event or part of a series.

Duration:

15 min

Community Daily Move

Let your employees take a break to stretch with mindful movement by practicing the Daily Move together. A pre-selected session that is appropriate for the work environment will be shared. This is a great way to start or end a workshop while encouraging participants to use the app.

Duration:

10 min

Calm App Sign Up Tutorial

The purpose of this add-on is to assist your employees in downloading the app and guide them through the process of linking it to their Calm employee benefit. By the end of our session, your team will be ready to use the Calm app.

Duration:

15 min