



Happiness and Wellbeing Workshops



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Why does this matter?

A recent Gallup article proclaimed, “Invest in Your Employees' Wellbeing; You Can't Afford Not To.”*

- Employees with high wellbeing are more resilient during widespread or personal tough times, are **less likely to have unplanned days out of the office** and have better performance than those with low wellbeing.
- Gallup data from May 2020 showed that about half (47%) of employees felt worried and 24% felt lonely "during a lot of the day yesterday."
- Leaders can encourage EAP utilization by **bringing in experts** to discuss it, identifying champions of mental health within the organization or its partners, and consistently communicating about program benefits.
- **Leaders don't need to be mental health experts; they just need to be a conduit to the right resources.**

From the research brief “**Historic shift in Americans' happiness amid pandemic**”** people didn't seem to be lacking financial resources, but happiness and connection opportunities:

- **Happiness is at a five-decade low** despite most Americans being satisfied with their financial situation.
- Americans express **increased levels of loneliness, anxiety, and depression** in the wake of the pandemic.

*Gallup Workplace: Invest in Your Employees' Wellbeing; You Can't Afford Not To, by Ryan Wolf

**NORC Historic shift in Americans' happiness amid pandemic



Corporate Workshops

My programs are grounded in research and provide simple, actionable ways to improve wellbeing. I also enjoy creating custom workshops.

- "Increasing happiness, resilience, and success" (90 minutes)
 - Section 1: Increasing happiness
 - Section 2: Building resilience
 - Section 3: Boosting success
- "Sustaining performance through self-compassion" (90 minutes)
 - Section 1: Mindful self-compassion (What it is, and why it works)
 - Section 2: Internal and external exercises
- "Exploring and overcoming Imposter Syndrome" (2-session series, 90-minutes each)
 - Section 1: Imposter Syndrome overview
 - Section 2: Stopping overthinking
 - Section 3: Using STAR to question your thoughts
 - Section 4: Cognitive Distortions

Format: Presentation + individual and group exercises and/or breakout activities

Includes: 60-minute preparation call for organizers, and downloadable workbook for participants

Does not include: Recording, distribution or travel

Investment: \$3,000 for 90-minute workshops or \$5,000 for 2-session series workshops



4-week Program

“Increasing Performance Through Wellbeing”

- Section 1: Happiness myths and happiness-increasing exercises
- Section 2: Introduction to mindful self-compassion
- Section 3: Overcoming overthinking and reframing failure
- Section 4: Taking action for lasting impact

Format: Presentation, individual and group exercises, breakout activities

Duration: 75 minutes per weekly session, over 4 weeks

Includes: 60-minute preparation call for organizers, and downloadable workbook for participants

Does not include: Recording, distribution or travel

Group recommendations: A cohort of women leaders across the organization, or any intact teams (including leadership) to promote psychological safety

Investment: \$10,000 for up to 15 participants

#IamRemarkable

#IamRemarkable is a Google initiative empowering women and other underrepresented groups to celebrate their achievements in the workplace and beyond. You can read some of the [success stories here](#).

Format: Presentation, group and individual exercise

Duration: 2 hours

Does not include: Recording, distribution or travel

Investment: Complimentary for groups of 8–15



Who is Nicole?

Nicole Bensen is a happiness ambassador, coach, and veteran Google employee. She brings expertise from years working at fast-paced Silicon Valley companies and knows what it's like to spend all day in strategy and planning meetings, to put out fires, to go through performance reviews, to hire the right people, to manage a team, then play email catch-up and do core work at night.

Her last role in Corporate America was managing a wellbeing program for executives, while juggling life with two school-aged kids, and ended up experiencing burn-out herself. Ironic, no? She's taking her lived experiences, business knowledge, research and training background, and is sharing the tools she personally used to get to a healthier mental and emotional place, so you can have the blueprint to live a more meaningful, connected and happy life too.

Her public group program, "Next Level You" provides tools to busy, overwhelmed, stressed-out people who want help in increasing happiness, overcoming Imposter Syndrome and feeling worthy beyond accomplishments.

Nicole lives in the San Francisco Bay Area with her husband, two daughters, and three cats. She loves red lipstick, the sound of rain, baking macarons, and rocking a good themed outfit (bring on the holiday prints!).

P.S. Curious about the name Tentacles and Tea? [See the last FAQ here.](#)

