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WORKFLOWGROW® Transforming Team Performance

Embracing corporate wellness is a transformative journey toward unlocking the full potential of individuals and organizations. Businesses today recognize the importance of addressing key challenges such as interpersonal conflicts, adapting to changing work environments and the need for team-building exercises.

WORKFLOWGROW®, a corporate wellness organization, leads the way in bringing holistic wellness solutions into the stressful workspace with its corporate wellness workshops and consulting. Its workshops empower individuals to thrive in their professional lives by creating better self-awareness, stress management and communication skills. They focus on resilience and personal communication styles, emphasizing the understanding of how employees are wired to communicate, their associated strengths, communication challenges and potential conflicts with others' preferred communication styles.

The greater self-awareness individuals possess, the better they can interact and create a stronger community with those they work, live, and interact with throughout their day and, consequently, throughout their lives.

Its primary focus lies in delivering transformative workshops especially its unique FLOW Process to enhance workplace well-being and performance.

"I help people feel and function better on the job through my FLOW workshop as well as other programs," says Anita Greenland, founder, and owner.

Greenland is an experienced trainer, speaker, and facilitator of workplace wellness, offering interactive, dynamic, and inspiring programs. She delivers valuable, engaging, and exciting content for employees through her workshops, as a certified professional in learning and performance (CPLP) and a registered yoga teacher (RY200).

Her unique 'FLOW' workshop is an acronym for the four steps in the process. The four-step framework helps manage stress 'in the moment' and 'over the long term.' This process assists individuals in handling unexpected triggers effectively and maintaining non-reactive responses, a state of calm and balance amid daily challenges, fostering a culture of adaptability and resilience, especially amid rapid change.

The aim is to cultivate a culture where the whole team can communicate and function and get better together so that it reduces stress on the team and enables them to be more productive and more efficient. Another program named 'Team Intelligence' is designed to bring the whole team

together to better understand communication differences in order to function better by better understanding of communication differences which will reduce stress and enhance productivity.

To make her workshops effective, Greenland conducts discovery calls with key stakeholders like team leaders to understand their perspectives, concerns, and desired outcomes. This dialogue clarifies the team's position, identifies specific issues, and defines the workshop's objectives.



***I HELP PEOPLE FEEL AND FUNCTION
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FLOW WORKSHOP***

Unlike passive lectures, Greenland's sessions are interactive, dynamic, and engaging, featuring hands-on activities grounded in scientific principles. Participants learn evidence-based stress management strategies through fun, practical exercises, ensuring retention and real-world application.

Free follow-up resources are provided to participants, enabling them to reinforce and apply what they've learned beyond the workshop. Ongoing follow-up tools like bi-monthly 'Wellness Blogs' featuring the 'Express Desk Stretch' and wellness tips videos aid in focus and relaxation in just five minutes. Individual and group coaching sessions are also available to reinforce the training. This commitment to ongoing support enhances the WORKFLOWGROW® workshop's impact and ensures lasting positive changes in participants' well-being and performance.

Greenland also conducts corporate yoga classes, including in-person and virtual sessions, covering various styles, including Vinyasa and chair yoga, catering to different needs, accessibility, and flexibility of clients. Around 75 percent of the workshops are conducted live in physical environments, bringing the team together.

One significant takeaway of the workshop is the positive feedback from leaders, reporting a noticeable improvement in team dynamics. Specifically, the team's enhanced ability to provide and receive constructive feedback.

A trusted partner for corporate organizations, WORKFLOWGROW®, brings positive transformation to workplace culture, empowering individuals to unlock their full potential and cultivate thriving, resilient and happy workplaces. **HR**



Anita Greenland,
Founder & Owner

WORKFLOWGROW®



The annual listing of 10 companies that are at the forefront of tackling customer challenges