

## An Innovative MBGH Employer Initiative

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### Advancing Strategic Cultural Wellbeing: *From Insight to Action*

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*MBGH events consistently spark strong ideas, meaningful dialogue, and new perspectives.*

*This was very helpful—I'm eager to learn what can I do next?*

### Strategic Cultural Wellness

- How leaders shape psychological safety, and the importance of vulnerability
- How it impacts mental and emotional health
- How culture connects to productivity, performance, burnout, resiliency, retention, and behavioral health costs

Employers are increasingly navigating complex cultural and wellbeing challenges.

This Learning Experience was created to support employers in moving from insight to action by translating conversations with employees and leadership about strategic cultural wellbeing into actionable next steps.

The experience is designed for Benefits leaders, C-Suite, other senior leaders, and those responsible for culture, engagement, retention and wellbeing.



## Strategic Cultural Wellbeing Learning Experience

Join us for 2 one-hour cohort meetings on February 6<sup>th</sup> and 27<sup>th</sup>, as well as on March 11<sup>th</sup> at MBGH's event, *Mental Health and Chronic Conditions: Beyond One-Dimensional Care for the Modern Workforce*.

Each Learning Experience will be facilitated by Ian Shea, Founder & CEO, I M Human, and include:

- **Practical playbook** that helps leaders and middle managers prioritize and sequence what really matters, including what works and doesn't work, along with reflecting on their own cultural realities.
- **Small cohort** of peers who are facing similar challenges – so you're not figuring this out alone.
- **Safe space** to ask real questions.
- How these cohorts work may evolve into a **deeper experience** for those who want to continue.
- **Practical, hands-on, and interactive experience**, including:
  - Psychological safety as a leadership capability
  - Vulnerability as a driver of trust, resilience, and performance
  - Culture as a strategic lever, not a “soft” initiative
  - Ways leaders can begin shaping healthier, more resilient cultures inside their organizations



This program has been implemented at Bank of America, Motorola, Levis, Capital One, AXA, and O'Melveny & Myers, recipient of the One Mind Salus Award.