



CAUSE
ENGAGEMENT
ASSOCIATES

CAPABILITIES STATEMENT FOR EMPLOYEE WELLNESS PROGRAMMING

Cause Engagement Associates specializes in engagement strategies, well-being programming, and social impact initiatives. We are excited about the opportunity to collaborate with your employee and colleague resource groups (CRGs) to promote mental well-being and holistic wellness. Together, we can empower colleagues across all dimensions of life while fostering inclusion, connection, and professional growth.

TAILORED PROGRAM OFFERINGS FOR EMPLOYEES

EMPLOYEE NEEDS ASSESSMENT

- A pre-program assessment will be conducted to identify unique challenges, interests, and needs of employees and/or CRG members.
- Results from the assessment will inform the development of tailored content, workshop discussions, and group activities, ensuring relevance and maximum impact. Continuous feedback will guide program improvements.

WORKSHOP SERIES ON MENTAL WELL-BEING AND THE 8 DIMENSIONS OF WELLNESS

- CEA will deliver a series of interactive online workshops that focus on mental health, resilience, and the 8 dimensions of wellness: emotional, physical, social, intellectual, environmental, financial, occupational, and spiritual well-being.
- These workshops will be tailored to employee needs, offering actionable insights and tools co-facilitated by a Licensed Professional Counselor to empower members across all aspects of their lives.

VIRTUAL GROUP PROCESSING SESSIONS

- Facilitated peer discussions between workshops to reflect, share, and strengthen community bonds, enhancing personal and professional resilience.

INDIVIDUAL COACHING SESSIONS (OPTIONAL)

- One-on-one coaching with a Licensed Professional Counselor, offering customized support for stress management, work-life balance, and career goals.

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