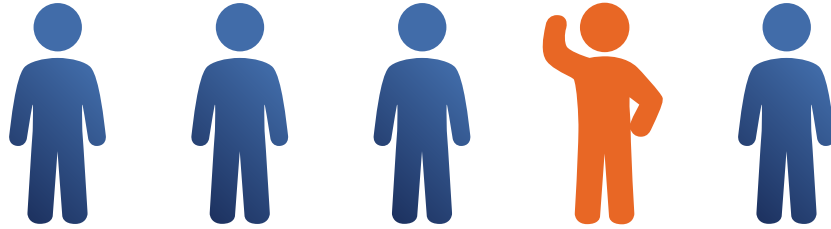


Professional Wellness Month

Elevate Your Career Health!

Mental Health Matters



1 in 5 adults experience mental illness each year, impacting work performance.

(Source: National Alliance on Mental Illness)

Burnout is Real



Of employees experience burnout, leading to decreased productivity.

(Source: Gallup)

Work-Life Balance Impact



Of employees say they would leave their job for better work-life balance.

(Source: Harvard Business Review)

Importance of Empathy



Of employees are more likely to stay at a company with an empathetic culture.

(Source: Businessolver)

Wellness Boosts Productivity



Employees who prioritize wellness are 12% more productive.

(Source: Harvard Business Review)

Physical Wellness Pays Off



Companies with wellness programs report a \$3.27 ROI for every \$1 invested.

(Source: Forbes)