

Press Release

March 9, 2022



How to Create an Inclusive and Engaged Staff Wellness Initiative to Enhance Mental Health Guided by a Pilot Project in the State of Ohio

Interpersonal Wellness Services Inc. a Canadian based corporate training and development firm, brings a powerfully inclusive and engaging wellness framework to its partnership with the Miami University, to complete the Ohio State-funded Staff Wellness pilot project with up to 75 school workspaces across the State. The program goal is to improve mental health and psychological safety at work. The company plans to expand its capacity to support more organizations wanting to redefine wellness at work globally. Preliminary results from this project will be shared at their annual Global Workplace Wellness Summit, which brings together professionals from around the globe to share best practices in the field. This year the Summit will be held in the City of Winnipeg, Manitoba, in central Canada, from September 28 - 29, 2022.

ADDRESSING MENTAL HEALTH NEEDS AT WORK

The realities of the coronavirus have exacerbated the need for a more robust mental health strategy at work that incorporates the whole life realities of employees. This is what makes working with Interpersonal Wellness Services Inc., a Canadian based firm which offers the most inclusive wellness framework on the market. This made them an ideal partnership for the State funded pilot program led by Miami University in Ohio, to address staff mental health needs in schools.

"When I saw the [Interpersonal Wellness Improvement System® \(WIS\) model](#), I knew it was exactly what we needed for this project"; I was told by the project lead Debora Robison of Miami University", said Joyce Odidison, President of Interpersonal Wellness Services Inc, and creator of the WIS® model, that's being used as the framework for this transformational project.

IDENTIFYING EARLY SIGNS OF BURNOUT AT WORK

WIS® is a whole person systems-based perspective model that creates awareness of a broad range of areas where employees could be leaking vital energy that may lead to burnout and overwhelm. It also allows users to assess how well they are in nine wellness dimensions by providing an engaging visual model to enhance engagement, and an immediate score they can take action to change on their own or with assistance from wellness coaches. This awareness raising exercise lets employees create a personal action plan to improve or quickly change what is happening in those areas of their lives.

Interpersonal Wellness Services Inc. (IWS Inc.) is a learning and development company based in Canada since 1997; a North American leader in customized corporate training, coaching, and development for well-being at work. The company hosts the annual Global Workplace Wellness Summit and publishes Faces of Workplace Wellness quarterly magazine. IWS Inc. is owned and led by Joyce Odidison and a diverse team of professionals.

The [Global Workplace Wellness Summit](#) offers a range of opportunities to engage with the WIS® models and teachings as part of the learnings hundreds of professionals will take back to their organizations. This year, the Summit will take place in the city of Winnipeg, MB. Canada September 28 – 29, 2022.

To learn more about the Staff Wellness initiative call 204 668-5283 or visit their website at www.interpersonalwellness.com. **Media Contact: Joyce Odidison President, Interpersonal Wellness Services Inc. admin@interpersonalwellness.com**

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