

MANAGER ON THE MOVE

Leaders—especially managers—shape well-being at work



“This is not a one and done for us. **Manager on the Move** has transformed us, and we have created something that is sustainable”

—Crockett Dale, CEO, Healthstat, Inc.

61%
IMPROVED
PRODUCTIVITY

60%
STRONGER
ENGAGEMENT

30%
INCREASED
WELL-BEING

Motion Infusion and Pro-Change present **Manager on the Move**, a unique engagement solution that activates managers to become multipliers of well-being.

HERE'S HOW IT WORKS

Pre-Assessment: Managers and their team members are assessed to establish a baseline. We're measuring the extent to which managers are acting as either “gatekeepers” or “multipliers”—and the influence that this is having on their team members.

Action: In an informative and energizing leadership development workshop, each participating manager is empowered to become a Manager on the Move in 3 steps:

DO



Embody well-being and lead by example

SPEAK



Persuade team members through effective communication

CREATE

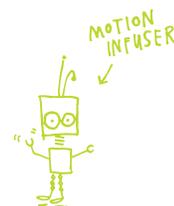
Develop systems to make well-being easy & “normal”

Post-Assessment: Three months later, managers and their team members are assessed again to measure impact. Clients receive aggregate reports, and participating managers have the option to receive individual feedback.

Follow Up: We help you to keep the movement going with added support, such as a list of vetted “Sustainability Partners.”



Learn more at www.motioninfusion.com



About Us

ABOUT MOTION INFUSION

Motion Infusion, Inc., a San Francisco-based well-being and consulting firm, is helping organizations to “get in motion.” Merging evidence-based methods from the field of wellness with best practices from the field of learning, we offer creative solutions in the areas of engagement, behavior change and human performance improvement. Net result: We can help you to build a healthier, happier, and more innovative organization.

www.motioninfusion.com

ABOUT PRO-CHANGE BEHAVIOR SYSTEMS, INC.

Pro-Change Behavior Systems, Inc. is an internationally recognized behavior change company that partners with wellness companies and institutions to produce award-winning programs designed to reduce multiple health risk behaviors and enhance multiple domains of well-being – resulting in lower health care costs and increased productivity. As leaders in the field, we build the most advanced science of behavior change into our programs.

www.prochange.com

61%

of managers reported increased productivity.

60%

of managers reported higher work engagement.

30%

of managers moved from “suffering” or “struggling” to “thriving.”

ABOUT LAURA



Laura Putnam, MA, author of *Workplace Wellness That Works* (WILEY, 2015), is the CEO and founder of Motion Infusion, whose has been covered by MSNBC, The New York Times, US News & World Report, Entrepreneur and NPR. She is a former teacher, dancer, gymnast and now movement-builder in the world of health and wellness. A leading authority on how organizations can promote well-being at work, how managers and leaders can build winning teams and how individuals can enhance well-being, Laura is a frequent keynote speaker and training facilitator. She is the recipient of the American Heart Association’s “2020 Impact” award and the National Wellness Institute’s “Circle of Leadership” award. She also serves as adjunct faculty at the California Institute for Integral Studies. A graduate of Brown University School of Education and Stanford University, she lives in San Francisco with her fiancé.

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ABOUT SARA



Dr. Sara Johnson is the Co-President & CEO of Pro-Change Behavior Systems, Inc. and Co-Editor of *The Art of Health Promotion*. She was named a Top 10 Health Promotion Professional in 2015 by WELCOA. In her 19 years at Pro-Change, Sara has been responsible for generating and leading the implementation of innovative research and development opportunities as well as creating and expanding strategic alliances. She has been the principal investigator on over \$4.7 million in National Institutes of Health grants to examine the effectiveness of Transtheoretical Model-based interventions. She also has authored nearly 40 publications including refereed research publications, book chapters, and published reports. Sara received her Ph.D. in Clinical Psychology from the University of Rhode Island and currently serves as an adjunct faculty member to the Psychology Department.



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