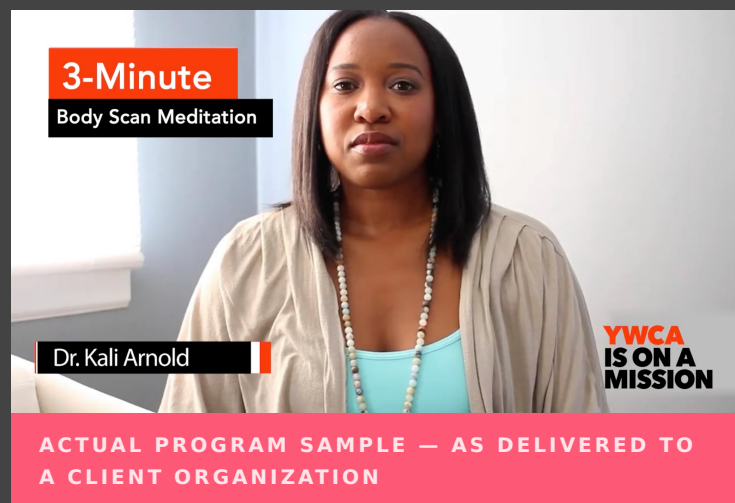


# Give your team tools to **regulate, reset, and show up.**

An 8-week mindfulness and nervous system regulation program — third-party studied, proven to improve retention and wellbeing, and delivered fully under your brand.

TNP Wellness • [info@tnpwellness.net](mailto:info@tnpwellness.net) • [tnpwellness.net](http://tnpwellness.net)



**8**  
WEEK ARC

**40+**  
DELIVERABLES

**3rd Party**  
STUDIED &  
PROVEN

**100%**  
WHITE-LABEL

**DBT**  
EVIDENCE-BASED

## When wellness isn't yours, employees don't use it.

Generic wellness apps have an adoption problem. Employees don't see themselves in the content, and it doesn't feel like something their organization invested in for them. Branded, facilitated programming changes that — when wellness feels like it belongs to the culture, people actually show up for it.

**72%** of employees say they'd stay longer where their organization genuinely invests in mental health.

**3×** higher engagement when wellness is facilitated under the organization's own brand.

**60%** of generic wellness benefits go unused — employees don't know they exist or don't feel they apply.

The TNP Wellness program has been used by thousands of adults through TNP's own programs and independently studied by a third party. Research shows measurable impact on **employee retention, positive feelings about work, stress regulation, and emotional wellbeing.**

### WHAT YOU'RE LICENSING

## A complete program. **Ready to run.**

A fully developed, DBT-grounded curriculum designed for real workplaces — not therapy. Employees learn practical tools to notice and shift their stress responses before burnout takes hold.

Each week builds on the last, moving from body awareness to action. Participants develop a genuine relationship with how stress moves through their bodies — and what to do about it.

### SCIENCE BEHIND IT

## Body + mind. **Both.**

#### Evidence-Based Foundation

Built on DBT skills, somatic experiencing research, and polyvagal theory — translated into language anyone can use, regardless of prior wellness experience.

#### Body + Mind Integration

The program combines body-based techniques with cognitive tools. Participants learn that regulation isn't just a mindset — it's a physical process.

WEEK 1

# 01

## Awareness & Presence

YWCA Wellness Program  
8-Week Mindfulness & Regulation Program

**ywca**  
empowering women

ACTUAL PROGRAM SLIDE — AS DELIVERED TO A CLIENT ORGANIZATION

### Trauma-Informed Design

Content is sequenced intentionally — awareness before intervention. Participants are never pushed beyond what they're ready for.

SOMATIC STRESS DISCHARGE standing strong | empowering women **ywca**

### What Happens When the Body Completes the Cycle

Peter Levine's Somatic Experiencing research shows that when stress mobilization is allowed to complete through movement, the nervous system returns to baseline. When it is blocked, it becomes chronic.

STRESS MOBILIZES	DISCHARGE BLOCKED	DISCHARGE HAPPENS
<ul style="list-style-type: none"> <li>– Cortisol and adrenaline flood the system</li> <li>– Muscles contract and brace</li> <li>– Heart rate and breath rate rise</li> <li>– Body prepares to fight or flee</li> <li>– This is the same response whether the threat is physical or social</li> </ul>	<ul style="list-style-type: none"> <li>– Action doesn't happen — we hold still</li> <li>– Mobilization energy stays in the body</li> <li>– Muscles remain chronically contracted</li> <li>– Nervous system stays at elevated baseline</li> <li>– Accumulated over time: allostatic load</li> </ul>	<ul style="list-style-type: none"> <li>– Movement completes the activation cycle</li> <li>– Stress hormones metabolized through large muscles</li> <li>– Nervous system returns to baseline</li> <li>– Muscles release and soften</li> <li>– Window of tolerance restored</li> </ul>

TIP — Intense Exercise from Week 2's TIPP skill is the DFT connection: large muscle movement rapidly metabolizes cortisol and adrenaline. Week 7 deepens and expands this.

WEEK 7 — MOVING IT THROUGH

### What Happens When the Body Completes the Cycle

#### THE 8-WEEK ARC

## One topic. Explored each week.

#### WEEK 01

### Awareness

How to feel what's happening in your body — before it becomes a problem

*Interoception & presence*

#### WEEK 02

### Your Nervous System

Why your body responds the way it does to stress — and how breathing changes it

*Autonomic regulation*

#### WEEK 03

### Breaking the Pattern

How to interrupt a stress spiral before it takes over your day

*Pattern interruption*

#### WEEK 04

### Your Thoughts

Learning to notice your thoughts without getting swept away by them

*Cognitive defusion*

#### WEEK 05

### Sitting with It

How to stay present with hard emotions instead of pushing them down

*Emotional tolerance*

#### WEEK 06

### Self-Compassion

Turning down the volume on the inner critic — and what replaces it

*Self-directed kindness*

#### WEEK 07

### Moving It Through

Why the body needs to finish what stress started — and simple movement that helps

*Somatic discharge*

#### WEEK 08

### Making It Yours

Bringing the whole toolkit together into something participants will actually keep using

*Integration & sustainability*

## WHAT'S INCLUDED

# Everything built. Nothing to create.

<b>8 SLIDE DECKS</b> Facilitator-ready presentations for all 8 weeks, rebranded to your organization.	<b>8 WORKSHEETS</b> Participant reflection tools for in-session use or independent follow-up.	<b>8 HANDOUTS</b> Take-home reference cards summarizing each week's skill.	<b>8 SESSION GUIDES + RECORDINGS</b> Digital companion guides plus a fully recorded session of us delivering the content — participants can watch it, or a facilitator can use it as a guide.
<b>FACILITATOR GUIDE</b> 32 pages covering every week, every slide, every decision.	<b>COMMUNITY AGREEMENTS</b> Opening doc to establish psychological safety at launch.	<b>KNOWLEDGE CHECKS</b> Session-level tools to help participants retain each skill.	<b>FULL BRANDING</b> Every file rebranded — your logo, colors, name. No TNP references.

## DELIVERY & HOSTING

# We handle the setup. You run the program.

<b>OPTION 1 — YOU HOST</b> <b>We load it into your system</b> Already have an LMS or internal platform? We'll input all the content directly into your system for you — formatted, branded, and ready to assign to staff. No technical lift on your end.	<b>OPTION 2 — WE HOST</b> <b>We host it for you</b> Don't have a platform? No problem. For an additional hosting fee, TNP Wellness hosts the full program on your behalf. Your employees access it under your brand. We manage the platform entirely.
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## THE PROCESS

# From conversation to launch.

<b>1 — Discovery Call</b> We learn about your organization — staff size, delivery preferences, and what outcomes matter most. No commitment required.	<b>2 — Brand &amp; Build</b> We apply your logo, colors, and name across all deliverables and set up delivery in your platform or ours.	<b>3 — Launch</b> Everything is handed off. Your facilitators have a 32-page guide. Your staff has a program that feels made for them.
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## Ready to license this program?

Licensing is scoped by organization size and delivery format — no published pricing. One conversation is all it takes to get a clear picture of what this looks like for your team.

We typically respond within one business day and can have a scoping call on the calendar within the week.

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WEB [tnpwellness.net](https://tnpwellness.net)

RE: Wellness Program Licensing

NOTE Pricing discussed on a call — no commitment to reach out.