



HHS is an innovative team of psychologists, therapists, and wellness experts committed to community wellness and action-oriented education.

This is the HHS difference... **REAL RESULTS**

"This is the cutting edge of stress management."

"Should be mandatory for every workplace - I will be applying these strategies to work and home."

"These ideas will help my team function more productively."

"Within the fifteen minutes, Dr. K was able to provide better advice and direction than I had received from years of work with my previous coach."

Workplace Behavioral & Wellness Solutions

Imagine your employees using effective strategies to become more efficient, productive, profitable, and empowered at work.



Central CT's Premier Psychology Group Practice
Hopewell Health Solutions

33 Pratt St. Glastonbury, CT 06033
hhs4help@gmail.com
860-946-0447



Clips and Content are available on Facebook, LinkedIn, and at HopewellHealthSolutions.com



Workplace Behavioral & Wellness Solutions

Targeted Training for your employees

Wellness-based services that are customized for the specific needs of your company.

- *Effective Communication*
- *Brain Optimization*
- *Stress & Crisis Management*
- *Conflict Resolution*



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We understand workplace stress and how it can affect the bottom line of your company.

Employees who report higher levels of stress have lower engagement in their work, higher rates of absenteeism, and are less productive than employees who report lower levels of stress. (Source: Towers & Watson, 2014)

We offer innovative, insightful, and impactful customized products for your company.

Our portfolio of exceptional wellness-based services combine neuroscience, coaching, psychology, and organizational behavior all in an engaging, multimedia format.

Individual Concierge Services:

- * Executive Coaching
- * Individual/Team Consultation
- * Video Self Modeling for Teams and Team Leaders*

**Video self modeling is observational learning commonly used by athletes, it allows individuals or teams to view themselves being successful while performing a difficult task, such as presentations and public speaking*

Workplace Behavioral & Wellness Solutions

BTO Brain Training / Optimization

Educate your employees to increase efficiency and productivity in the workplace with brain-based habits and strategies. [Personal Training for you Brain.](#)

M² Money Mindset

Empower your employees with knowledge that will help them develop a growth mindset to foster emotional resiliency, stress reduction, and financial wellness. Includes principles of growth mindset and financial wellness.

C² Connected Communication

Engage your employees with new ideas to facilitate effective teaming, motivation, conflict resolution, and verbal/nonverbal communication in the workplace. Includes digital detox, mindful listening, and deep diving conversations.

S² Spin Stress Into Success

Enlighten your employees with new tools to develop healthy life management skills and decrease stress. Strategies include Mindfulness, Cognitive Behavioral Therapy (CBT), and health based systems.

“Our programs are **completely customizable** and needs based. We strive to deliver **goal-directed content** and instruction that is **relevant and high value.**”

- Dr. Kristine Schlichting, PhD, Director of HHS



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