



ENHANCING WELL-BEING PROGRAM ENGAGEMENT IN HIGHER EDUCATION



Our client is a private, mid-sized, nationally ranked liberal arts college offering over 100 degree programs. Since 2003, the college has partnered with **Bree Health** to provide comprehensive well-being support for its staff, ensuring they have the resources needed to thrive both personally and professionally.

CHALLENGES

The college faced several key challenges that impacted employee engagement and well-being:

- **Employee Retention:** Reducing turnover and associated costs was a priority to maintain a stable and dedicated workforce.
- **Employee Engagement:** Fostering a workplace where employees feel valued and connected was essential for overall job satisfaction and performance.
- **Program Awareness & Utilization:** Ensuring employees fully utilized available well-being resources was critical to providing the support they needed.

These challenges underscored the need for a more effective well-being program to support the college's staff and enhance workplace culture.

RESULTS

The implementation of **Bree Health's** well-being solutions led to significant positive outcomes for the college and its employees:



SOLUTIONS

- **Online Resources and Tools:** Convenient access to a wide range of digital resources designed to support mental and emotional well-being.
- **1-on-1 Coaching:** Personalized coaching to help employees manage stress, enhance work-life balance, and achieve their personal and professional goals.
- **Community Engagement:** Opportunities to connect with health coaches at community events, creating a more personalized and interactive support experience.
- **Holistic Well-Being Support:** Comprehensive services addressing personal, professional, and emotional challenges, leading to improved overall well-being and job performance.
- **Proactive Health Advocacy:** Expert guidance to help employees navigate health plans and manage healthcare claims, reducing stress and improving their healthcare experience.
- **Ongoing Engagement:** Continuous communication and regular follow-ups to sustain high levels of participation and satisfaction among employees.

CONCLUSION

Through the tailored and comprehensive services provided by **Bree Health**, the college successfully addressed the critical challenges faced by its staff. **Bree Health's** holistic approach and seamless integration into the college community have significantly improved employee well-being, engagement, and overall satisfaction. This partnership underscores the value of strong support systems in fostering a healthy, motivated workforce and enhancing employee performance.