

## Employee Wellness Leaders:

# Join us to learn more about The People Project

*Promoting Health Through Happiness*



The Heart of New Ulm is pleased to offer New Ulm-area employers the opportunity to participate in **The People Project**, a free, unique project designed to help employees build resiliency.

**The goal:** Our goal is to create a community that flourishes where residents feel supportive connections to one another, individuals have honed resiliency skills, and the community culture attracts people to want to live and work in New Ulm.

We seek to do this by developing tools and implement a strategy to permeate within our existing social structures to promote fun, evidence-based mental well-being strategies that result in better connected, happier people. The strategies are based on the PERMA (positive emotion, engagement, positive relationships, meaning and accomplishment) theory of well-being.

## Learn more and get started!

The People Project is recruiting organizations that wish to participate and asks for one or two representatives from each organization to serve as champions.

**Timing:** January 25, 2022 – June 30, 2022

### Time commitment for champions:

**15-20 minutes per week**

- One kick-off meeting, 1 hour
- Pre- and post-assessment, 15 minutes each
- Champions launch monthly happiness tool
- Mini-group meetings every month

### Kick-off meeting via Zoom:

**Tuesday, January 25, 2022**

12 to 1 p.m.

**Zoom link:**

<https://us02web.zoom.us/j/82530802596?pwd=S0poRDZEK0FvWnN6NThEWHJQVjVBZz09>

**Register for kick-off meeting:**

<https://www.surveymonkey.com/r/R5BHZKC>

### For more information:

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The  
**People Project**  
*For you from the Heart of New Ulm*



The People Project is modeled after  
The Bounce Back Project™ of Buffalo, Minnesota:  
[www.bouncebackproject.org](http://www.bouncebackproject.org)