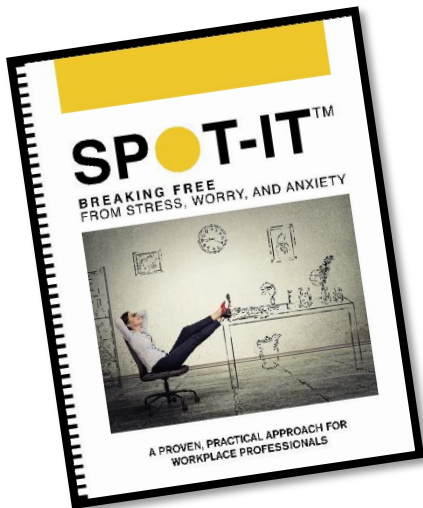




SPOT-IT™

Mental Fitness SHIF Wellness Grant -- NEW Option!!

- ✓ Increase Emotional Intelligence
- ✓ Lower Stress & Anxiety (VOI & ROI)
- ✓ 24/7 online access by Staff *and* their family members
- ✓ Social Emotional Learning (SEL) concepts can be shared with students
- ✓ The investment: **\$1.00 per person per month** (includes entire FAMILY)



The Spot-It™ technique is proven to help people:

- More effectively cope with stress
- Decrease their anxious feelings
- Focus on the job-at-hand
- Enhance their self-esteem

Be sure to check off (or write-in) Spot-It™ as your selection for the SHIF Wellness Grant Choice!



Spot-It™

The program includes:

- A 9-module video training course
- A printable workbook
- Quick reference resources
- A Certificate of Endorsement
- LIVE monthly webinars
- Weekly reinforcement emails



ROI Includes: Happier Employees | More Productive Workplace | Less Sick Time | Fewer Claims

Contact Support@WhyNotSpot-It.com for more information.

Visit: www.WhyNotSpot-It.com