

the world we make

SEPTEMBER 2022

A KINDER, WISER, MORE COMPASSIONATE WORLD

Promoting healthy minds for individuals, communities and societies has taken rigorous research, innovative development, key collaborations, and the investment of people like you, who are committed to creating a kinder, wiser, more compassionate world.

Please join us to celebrate donor impact and the work of the Center for Healthy Minds and our affiliated non-profit, Healthy Minds Innovations. An inspiring program featuring Center for Healthy Minds and Healthy Minds Innovations Founder Dr. Richard J. Davidson, along with Healthy Minds scientists, program directors and lead innovators.

Our tremendous progress and the exciting possibilities ahead are possible thanks to your support.



“All of us come into the world with a preference for kindness, goodness, and the capacity for awareness, but we have to nurture these qualities in order to flourish.

If we value qualities like kindness and compassion, we can integrate well-being practices that intentionally strengthen these capacities. We know this is possible because our neuroscientific research teaches us that kindness and compassion are best regarded as skills that can be enhanced through training. When we train the mind in these positive qualities, the brain changes in ways that support enduring well-being.

– Dr. Richard J. Davidson

THE WORLD WE MAKE: 2022 GATHERING

— Thursday, September 22 —

Madison Museum of Contemporary Art • Madison, WI
Reception 5:00–7:00 pm • Presentation 7:00–8:30 pm

SPONSORSHIP OPPORTUNITIES & RECOGNITION

RECOGNITION	PARTNER (\$10,000)	LEADER (\$5,000)	AMBASSADOR (\$2,500)	FRIEND (\$1,000)
Event Tickets	8 attendees	6 attendees	4 attendees	2 attendees
Recognition on event announcements, website pages and day of event	Logo or name	Logo or name	Logo or name	Name
HealthyMinds@Work (for up to 2,500 employees)				
HealthyMinds@Work with live training kick-off (for up to 2,500 employees)				
Stage announcement of sponsorship from Dr. Richard J. Davidson				

Event sponsorships kindly requested by September 1 please.

Your gift to The World We Make: 2022 gathering supports the event and well-being research and innovations at the Center for Healthy Minds and Healthy Minds Innovations.

— THANK YOU —

For more information or to become a supporting sponsor please contact:

Graham Washburn, Associate Director of Development



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WELL-BEING AT WORK

THE HEALTHY MINDS 30-DAY CHALLENGE

The Healthy Minds Program is a well-being training app that teaches qualities beyond traditional mindfulness training. Our unique program strengthens the four qualities of a healthy mind — awareness, connection, insight and purpose. Through our guided training program, users learn about the science of well-being from leading experts, build a daily habit through guided practice and measure their well-being. The program offers tangible benefits and is supported by decades of scientific research from the Center for Healthy Minds.

The Healthy Minds Challenge offers your organization the opportunity to get a flavor for the Healthy Minds Program and an introduction to the four ingredients of a healthy mind. The four week challenge includes our foundation course, campaign assets, pre and post scientific assessments and an organizational report with program metrics including well-being measures and program progress.

A \$5,000 sponsor of The World We Make includes the Healthy Minds 30-Day Challenge:

- **Healthy Minds Program App** – Scale the program throughout your organization with a step by step journey in developing the skills of well-being. Hundreds of hours of meditations and podcasts, with additional workplace practices for teams and individuals.
- **30-Day Challenge campaign assets**, including an email campaign with practice tips and recorded webinars.
- **Administrator Online Portal** containing reference documents and tools for rolling out and supporting the program.
- **Ambassador Guide** – An on-boarding and supporting guide that includes an outline of the challenge, webinar details, what employees can expect for the challenge and habit formation activities and tips.
- **30-Day Challenge Report** – Organizational well-being report and analytics of program progress and impact.
- **Workplace Well-being Assessment** – A comprehensive assessment and report on your team or organization's well-being.

A \$10,000 sponsorship of The World We Make includes the above, plus a live interactive training kick-off:

A 60-minute interactive introduction to the Healthy Minds @Work Challenge facilitated by Healthy Minds trainers offering guidance on getting started and what to expect.