



## Employee Wellness/Wholeness Programs

The Hook Group offers wellness programs for organizations of all sizes. Each program is tailored to meet your organization's specific needs. Our programs include the National Wellness Institute's six dimensions: spiritual, intellectual, physical, emotional, social and occupational wellness.

Your organization's program can include health risk assessments, health screenings, wellness incentives, wellness newsletters and wellness seminars on a variety of topics. Documented benefits of worksite wellness programs include: reduced healthcare costs; reduced absenteeism; fewer incidences of illness and injuries; higher employee morale; increased productivity; and, better recruitment and retention of healthy employees.

As part of your wellness/wholeness program, The Hook Group can also provide: spiritual wellness programs; spirituality and health programs; grief and loss programs; and spiritual direction and retreats.

## Spirituality and Health Programs

Studies have shown that spirituality can affect your health, both in good health and in disease. It wasn't until modern times that spirituality was separated from health care. The Hook Group offers programs designed to help individuals look at the role their spirituality has on their health and to address ways to dislodge any blocks to their spiritual wellness.

- *Searching for Our Hidden Wholeness in a Broken Time* – When we experience health related issues, we often feel broken. This program is about information and activities that can help us connect to that hidden wholeness within.
- *Forgiveness and Your Health* – Holding on to unforgiveness can affect your health. Unfortunately there are many misconceptions about what forgiveness is and what it isn't. For example, forgiveness is ultimately for your benefit and it doesn't have to be reconciliation. In this program we learn about forgiveness, how it affects your health and ways to help you forgive.
- *Spirituality, Your Body and Wholeness* - We gain knowledge through our brain, our heart and our bodies. In this program we will explore ways to listen to and respond to the messages our bodies give us. Responding to our bodies' communication is a part of our spiritual journey and can help lead us towards health and wholeness.
- *Do You Get Enough Vitamin N?* - Spending time in nature can have a transformative effect on our lives. This program will explore the benefits the natural world can have on our health, wellness and soul development.



## Spiritual Wellness Programs

Often times worksite health promotion programs don't address the spiritual dimension of wellness. Some people would argue that the spiritual dimension is the most important, and at minimum, it affects the other five dimensions.

At The Hook Group, we've created our unique spiritual wellness programs available to businesses and organizations. Our spiritual wellness programs consist of the "4 Cs:" Centeredness, Creativity, Community and Caring. Each of our program offerings covers these four components.

To help businesses and organizations promote spiritual wellness for their employees and members, The Hook Group can provide a variety of programs, including:

- *Why Should I Care About Spiritual Wellness?* - This program will define spiritual wellness, help you understand its impact on your health, and explore ways to incorporate the components of spiritual wellness into your life.
- *Freedom Through Forgiveness* - We have all been hurt by someone or something at one time in our lives, and part of the healing process involves forgiveness. Often misunderstood, forgiveness is not simply passive acquiescence, but rather a process shaped by certain practices. And while forgiving can be hard, it will ultimately benefit you and lead to increased freedom. This program will address the stages, processes and practices to help you in finding forgiveness. For employers, this program will address how forgiveness can affect the well-being of your organization.
- *Loss and Spiritual Wellness* - We all experience loss in our lives. This program explores grieving as a spiritual process and discusses the possible gifts that come from it when you have the patience and courage to pay attention to this journey.
- *Spirituality and Grief Group* - The grief process is a spiritual journey that is helped by having companions on the way. In this group, you will have a safe space to share your experience of grief with others on their own journey and together support one another as grow through it.
- *Spiritual Decision Making* - Spiritual wellness includes listening to our inner teacher. In this program we will explore spiritual decision making as it includes opening ourselves, paying attention and responding to this inner teacher.
- *Living "Divided No More"* - Using Parker Palmer's *A Hidden Wholeness: The Journey Toward an Undivided Life – Welcoming the Soul and Weaving Community in a Wounded World*, this program is about attending to your own soul. As we study the book and ourselves, we will each have the opportunity to learn from each other and our own inner teacher.

- *Spiritual Parenting* - In today's world, many parents feel overwhelmed with their responsibilities and don't feel they have the time to nurture their own or their children's spiritual lives. The Parents' Hours are a way for parents to seize the opportunities that are a part of their everyday lives and to use these moments to open themselves and their children to their spirituality. These hours don't expect parents to do it all, but instead encourage parents to turn what they already do into pathways of spirituality for themselves and their children.
- *Spiritual Practice of Writing Haiku* - Haiku is a three line, non-rhyming form of Japanese poetry that embraces the moment and invites others into it. In this program we will learn that poetry is an excellent release and ancient art form open to all, and that the process involved in composing one is actually a spiritual practice.

### **Grief and Loss Support Programs**

Grief and loss is a part of life. At The Hook Group, we provide programs to help employers, organizations and individuals learn more about the grief process and ways to find support through it. Each of these programs can be tailored to meet your unique needs.

- For Organizations:
  - *Grief and Loss in the Workplace* - According to the Grief Recovery Institute Educational Foundation Inc., grief costs employers more than \$75 billion per year. This program is designed to provide employees with information and support, as well as help employers learn about ways to support grieving employees.
  - *Loss and Spiritual Wellness* - We all experience loss in our lives. This program explores grieving as a spiritual process and discusses the possible gifts that come from it when you have the patience and courage to pay attention to this journey.
  - *Spirituality and Grief Group* - The grief process is a spiritual journey that is helped by having companions on the way. In this group, you will have a safe space to share your experience of grief with others on their own journey and together support one another as grow through it.
- For Individuals:
  - *Grief Companionship* - The grief process is a spiritual journey that is helped by having companions on the way. During these sessions, you will have a safe space to embrace your grief which in turn will help you to grow through it. Typically we meet for one hour, with varying frequency.



## Spiritual Direction & Retreats Page

As a trained Spiritual Director, Jackie Naginey Hook, Vice President of The Hook Group, can provide the following services:

- For Groups:
  - *Spiritual Direction* – Group Spiritual Direction is about going deeper on your spiritual journey with the support of a small group. It isn't about talking together, but instead is about a circle of deep sharing and attentive listening. The focus is on each member's spiritual longings while being present with one another to help in discernment.
  - *Retreats* – The Hook Group can facilitate renewing and refreshing retreats for your group at a rustic wooden lodge and cabin facility in the central Pa wilderness. We tailor these retreats to fit your group's specific needs, allowing for personal spiritual growth as well as strengthened group bonding. Each retreat will have experiences in the "4 C" components of spiritual wellness: Centeredness, Creativity, Community and Caring.
- For Individuals:
  - *Spiritual Wellness* - Together we explore where you are on your spiritual journey and discuss the "4 C" components of spiritual wellness - Centeredness, Creativity, Community and Caring - and ways for you to attend more closely to each. Typically we meet for one hour
  - *Spiritual Direction* - If you are already attending to your spiritual life and want to go deeper, or if you are experiencing some difficult times, these are the sessions for you.

Spiritual direction is an ancient tradition that encourages you to look for hope and grace in the everyday moments and events of your life. When we meet together in spiritual direction, we talk about your life and pay attention to the deep whispers within you. Spiritual direction is not therapy; instead its focus is on your spiritual life and longings. Typically we meet for one hour, once each month.

- *Spirituality and Health* – Studies have shown that your spirituality can affect your health, both in good health and in disease. It wasn't until modern times that spirituality was separated from health care. Your individual relationship between spirituality and health can be explored in one-on-one sessions, similar to spiritual wellness and spiritual direction. During these sessions, we will also address ways to dislodge any blocks to your spiritual wellness. Typically we meet for one hour, once each month.



- *Grief Companionship* - The grief process is a spiritual journey that is helped by having companions on the way. During these sessions, you will have a safe space to embrace your grief which in turn will help you to grow through it. Typically we meet for one hour, with varying frequency.
- *Retreats* - The Hook Group can facilitate deepening spiritual retreats for individuals at a rustic wooden lodge and cabin facility in the central Pa wilderness. We tailor these retreats to fit your specific needs and desires. Each retreat will have experiences designed for you in the "4 C" components of spiritual wellness: centeredness, creativity, community and caring.