

Workshop 2A - Wellness Tools and Strategies that Should Be on Your Radar

MODERATOR:

Alisha Udhwani, Past President, Virgin Islands Bar Association

SPEAKERS:

Matt Jackson, General Manager and Vice President, Americas, Unmind

Kara McNamara, Senior Director of Partnerships, Tava Health

Chris Newbold, President, Institute for Well-Being in Law



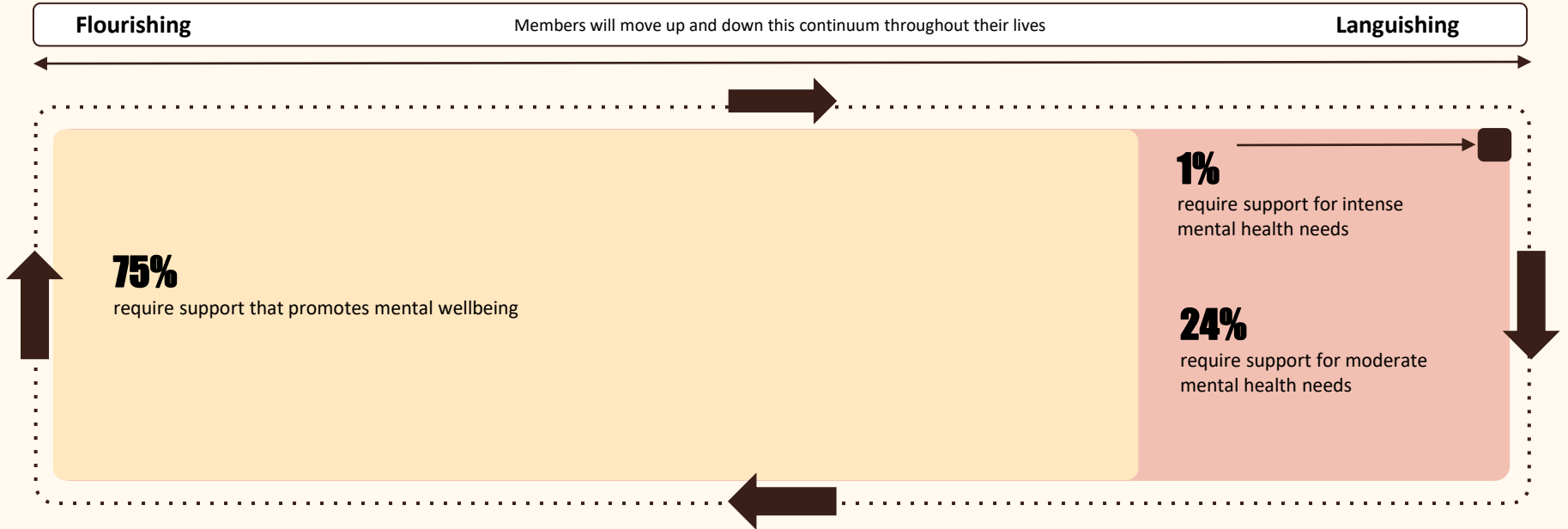
Unmind

WELLBEING THAT WORKS

Unmind for State Bars & Bar Associations | July
2023



Meet your members where they are



*McKinsey: The State of Organizations, 2023.

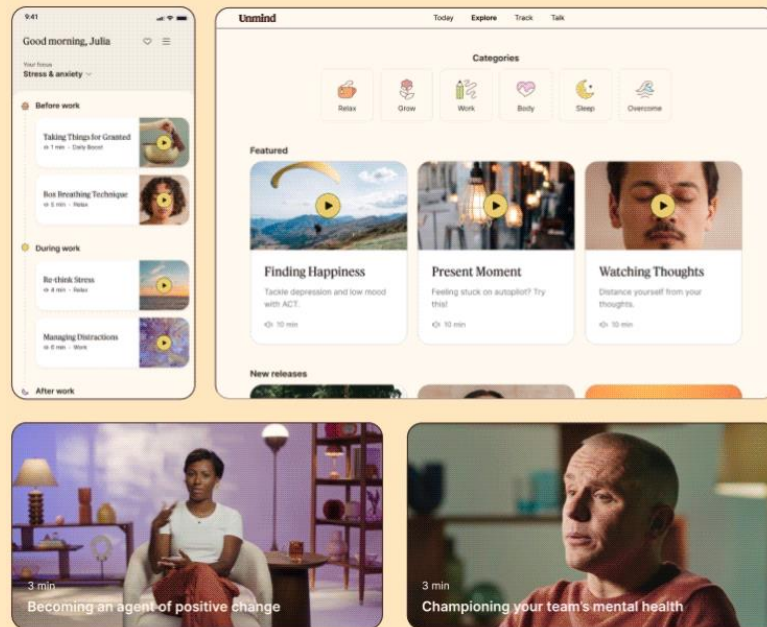
The Unmind Platform



Unmind Elevate

World-class wellbeing

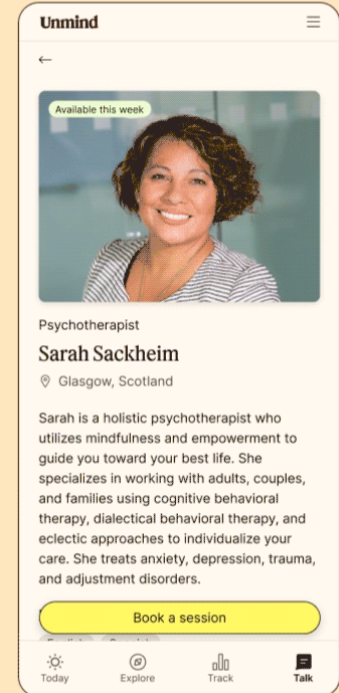
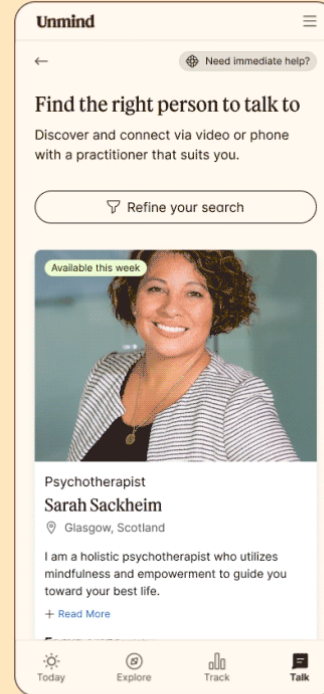
- **700+ hours of wellbeing content**
- Proactive support for full-spectrum of wellbeing
- Developed by experts
- Habit forming recommendations
- Available in 6 languages



Unmind Talk

Human-to-human support

- 100% fully accredited practitioners
- 50+ spoken languages
- Take out the gatekeepers
- Global network of therapists and coaches
- Available in all major timezones
- Truly personalized support



Proven & published

IN HOUSE SCIENCE TEAM



Dr Heather Bolton
Director of Science



Dr Marcos Economides
Head of Research



Dr Kate Daley
Head of Psychology



Dr Sofia Gerbase
Senior Clinical Psychologist



Dr Katere Adeseko
Applied Positive Psychologist



Jazz Croft
Science Writer



Dr Liza Jachens
Senior Organisational psychologist



Dr Katie White
Research Scientist



Becky Minton
Head of Therapies and Coaching



Dr Max Major
Senior Clinical Psychologist



Dr Anthony Newton
Counselling Psychologist

ACADEMIC PARTNERSHIPS



PEER-REVIEWED PUBLICATIONS



- ✓ Reduces presenteeism
- ✓ Improves resilience
- ✓ Reduces stress
- ✓ Improves leader capability

DEMONSTRATION

How to work with Unmind

PLANNING

This isn't "set and forget"

We will take time to understand what you are trying to achieve. Partnership with LAP's and other Bar provided services is very important.

PARTNERSHIP

More than just a platform

Technology alone will not create a culture of wellbeing across your membership. We will attend events, provide CLE's and more, to support your efforts.

MEASURE

Understand and act

It is incredibly important to put in place success measures that we revisit every few months. In partnership, we should continually measure, understand and act.

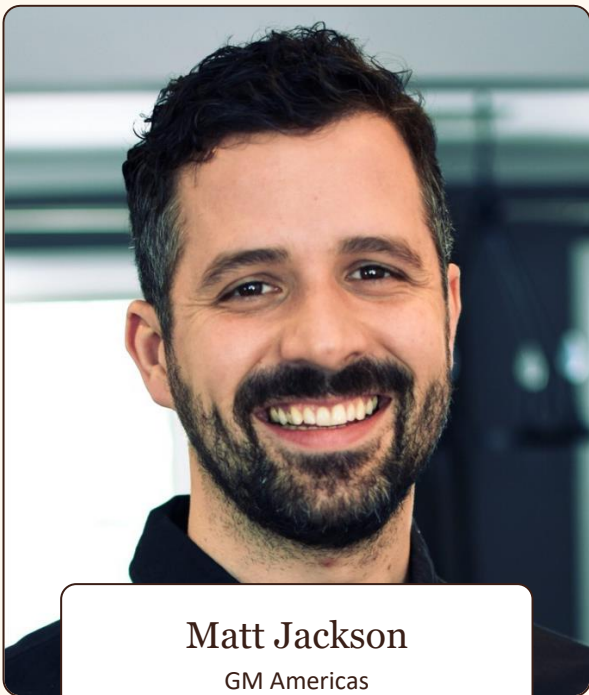
Unmind Commercial Framework For State Bars

TIERED MODEL

- Catering for Bars of all sizes
- Tiers:
 - Up to 5,000 licences
 - Up to 10,000 licences
 - Up to 20,000 licences
 - Above 20,000 members scoped separately
- We will work with you to find something that fits your budget

PACKAGES

- Two core packages to choose from:
 - 1. Unmind Elevate**
 - a. Member access to the *Unmind Elevate* mental wellbeing platform
 - 1. Unmind Pro**
 - a. Member access to the *Unmind Elevate* mental wellbeing platform
 - b. Member access to the *Unmind Talk* mental health practitioner network

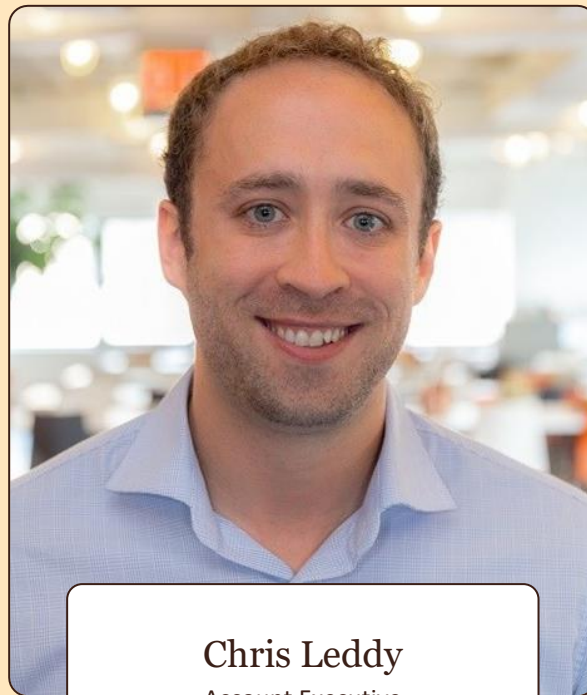


Matt Jackson

GM Americas

matt.jackson@unmind.com

201-961-4282



Chris Leddy

Account Executive

christopher.leddy@unmind.com


914-433-2249

Tava Health

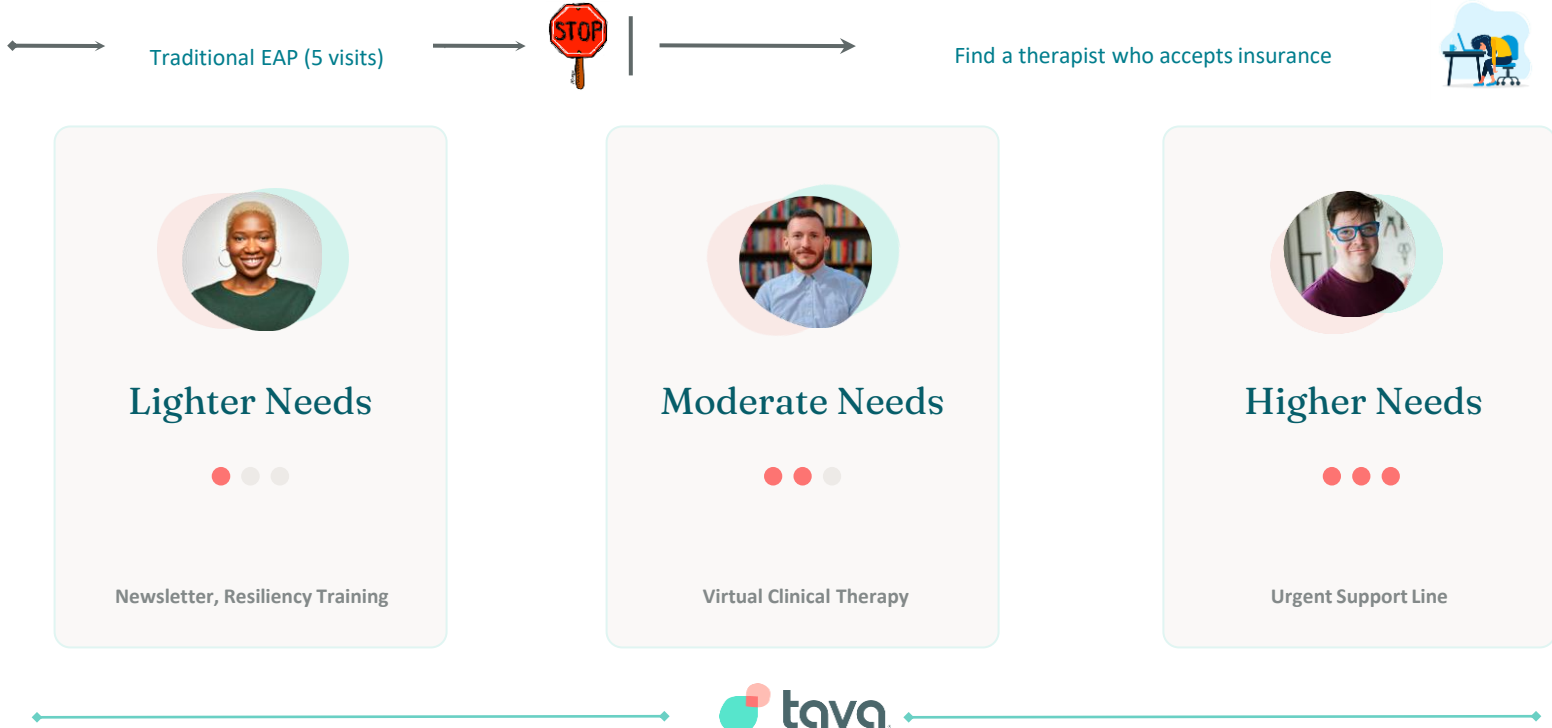
Making therapy normal



Tava makes meaningful
connection between providers
and clients accessible and *easy*.

The background is a solid teal color. On the right side, there are several white starburst or fireworks-like patterns. Each pattern consists of many short, radiating lines of varying lengths, creating a circular, explosive effect. There are four such patterns visible, arranged vertically from top to bottom on the right side of the frame.

Tava meets you where you are



Nobody gets left behind with Tava

Our Therapists are Top Notch

Our therapists are available nationwide, and we obsess over a quality experience.



Educated

Licensed clinical-grade therapists with master's or doctorate degree

Experienced

3 years minimum work experience
(5+ years average)

Diverse

35% of Tava's
Therapists are BIPOC

Tava Vetted

Thoroughly screened and continually
evaluated

Evidence-Based

Practice only proven therapies
(highest success rates)

The background is a solid teal color with several white, hand-drawn scribbles that resemble loops or calligraphic flourishes scattered across the surface.

Demo

Outcomes to get excited about

93%

Satisfied with Tava's services

92%

Report improved mental health

67%

Report improved job performance

57%

Would not have sought help

3.3x

Improved retention

Let's connect!

Learn more about getting your
people the support they need





NCBP Annual Meeting Webpage

Thank you for attending!

Next Steps:

- Reach out to our speakers during the sponsor breaks
- Share ideas on social media #NCBP23
- Share photos using the QR code
- Share your thoughts at our Facebook Live desk
- Fill out the NCBP evaluation!



Share your photos here!