

## DR. IGOR IWANEK

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### A Well-Being Program for Employees of Mississippi businesses that advocate for employee well-being

Ten organizations will be awarded this all-expenses-paid program funded by a generous grant.

The purpose:

Cultivating employee well-being is a highly profitable investment. Stress affects health and well-being, job satisfaction, job turnover, and ROI.

This program teaches skills necessary to decrease emotional stress, emphasize good health and maintain a positive relationship with the world around. Participants learn to use their breath effectively to handle stress, anxiety, depression, insomnia, chronic fatigue etc.

The command of these simple & effective practices allows the participants to enhance their professional & personal life.

A study by the Yale Center for Emotional Intelligence found that adults who learned ways to manage their own emotions are less likely to report burnout, demonstrate higher levels of patience and empathy, encourage healthy communication, and create safe working environments.

This grant awards 10 organizations in Mississippi.  
Space is limited - [APPLY NOW!](#)

The subject matter:

The subject taught in this program is Rhythmic Breath Control (RBC). Here the mind is renewed by breath & focused by music.

Learn more about RBC' s benefits: [CLICK HERE](#)  
Sample RBC techniques here: [CLICK HERE](#)

What is the duration / format?

There are two options:

- Five (5) live sessions of 45 min each, scheduled at a mutually agreeable time over 5 to 10 weeks. In person or on Zoom.

OR

- A half day session on a professional development day

Minimum requirements. Do participants have to qualify?

Mississippi businesses that advocate for employee well-being & are socially conscious enterprises are eligible to receive this in-depth program.

- a minimum of 6 employees have to commit to the whole session.
- the program needs to be completed in this calendar year - 2022.

How to apply:  
[CLICK HERE](#) to fill out the form.

## FAQ

1. Are participants viewing modules or web based videos?

No. It is a live event which we can schedule in person or via zoom, if that's your preference.

2. Is this a self-paced initiative?

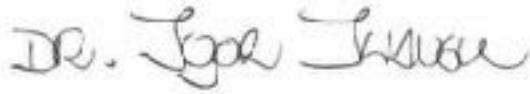
No. It is a live session. Pre-recorded, guided audio practices will be available for the participants to access for home practice in between live sessions.

### 3. Questions?

Simply reach out to Dr. Igor @ 857.445.3377 or email [dr.igor.iwanek@gmail.com](mailto:dr.igor.iwanek@gmail.com)

Thank you for your interest.

Be Well | Live Well | Play Well

A handwritten signature in black ink that reads "Dr. Igor Iwanek". The signature is written in a cursive, flowing style.

Dr. Igor Iwanek  
Doctor of Music Composition  
Well-Being Diplomat  
Former MIT Faculty member