



Women
OF THE
VINE & SPIRITS®

Wellness
Business
Resource
Group

Purpose

The purpose of this group is to build a **community of women working together to take charge of their health and wellness journey**. We encourage you to share your challenges and accomplishments, and exchange ideas and tips for health and well-being. Let's support and learn from each other and create a wellness connection! Chats are not recorded as to encourage participation and networking. These groups are strategically structured to be **group conversations**.



Women
OF THE
VINE & SPIRITS®

Your Co-Leads



Cassie Christopher, MS RDN

Registered Dietitian Nutritionist

Workplace Wellbeing Consultant and Speaker

<https://www.linkedin.com/in/cassiechristopherrd/>



Jenifer Vogt

Global Marketing Professional & Writer,
WSET2/Wine

Mindful Leadership & Workplace Facilitator
MBSR Certification

<https://www.linkedin.com/in/jenifervogt/>



What is Wellness?

Wellness is a **holistic integration** of **physical, mental, and spiritual well-being**, fueling the body, engaging the mind, and nurturing the spirit. Although it always includes striving for health, it's more about living life fully, and is “a lifestyle and a personalized approach to living life in a way that... allows you to become the best kind of person that your potentials, circumstances, and fate will allow.

Wellness encompasses **8 mutually interdependent dimensions**:

- 1. Physical**
- 2. Social**
- 3. Vocational**
- 4. Financial**
- 5. Environmental**
- 6. Intellectual**
- 7. Emotional**
- 8. Spiritual**

Women
OF THE
VINE & SPIRITS®

What Would You Like to Know?



As we share on each of the eight Dimensions of Wellness, **please share in the Chat** what **aspects** of the various dimensions you would like to **learn more** about.

Women
OF THE
VINE & SPIRITS®

8 Dimensions of Wellness

physical

Movement

Nutrition

Female-Specific
Hormones:
Menstruation
Menopause

Aging & Work
Memory,
Mobility
Chronic Illness

social

Building &
Maintaining
Relationships

Community
Contributions
Mentorship
Volunteering

vocation

Preparing for
a Long Career

Worksite
Wellness &
Wellbeing

Dealing with
Sexism,
Harassment,
Ageism

financial

Managing
Resources
for Short- +
Long-Term

Ensuring
Equal
Access
to
Financial
Opportunities

Women
OF THE
VINE & SPIRITS®

8 Dimensions of Wellness



intellect

Lifelong Learning

Personal Growth
(Retreats,
Support Groups)

Professional Development



environs

Time in Nature

Food System

Eat Local

Organic/
Sustainable

Circular Economy



spiritual

Purpose &
Meaning
Greater
than Self

Prayer,
Meditation

Coexist/
Respect for
all Faiths



emotions

Mental Health

Emotional Balance

Stress Tolerance

Self-Esteem/
Self-Efficacy

Women
OF THE
VINE & SPIRITS®

POLL: Which is Most Important to You?



What dimension of wellness are you most interested in learning about?

- 1. Physical**
- 2. Social**
- 3. Vocational**
- 4. Financial**
- 5. Intellectual**
- 6. Emotional**
- 7. Spiritual**
- 8. Environmental**

Women
OF THE
VINE & SPIRITS®

Questions & Discussion

- **What is working well for you right now when it comes to wellness?**
- **What areas of wellness are you hoping to improve?**
- **What is a barrier/struggle you are currently facing when it comes to improving your wellness?**
- **How can we support you?**

Women
OF THE
VINE & SPIRITS®