

Monthly engagement toolkit is live | December 2025 Being present

Hello,

This month, explore resources and tools to help you find calm, gain clarity and honor where you're at, so you can move through life with more self-compassion, hope and confidence.

Instructions:

1. Access the toolkit [here](#) using your organization's access code.
2. Review this month's engagement toolkit, which includes:
 - **Featured article** on being present to bring calm and clarity to your life.
 - **Featured article** on the importance of loving yourself and nurturing self-love.
 - **Featured article** on understanding and finding your way with loneliness.
 - **Tips** for tuning out distractions, so you can tune into the moment – and yourself.
 - **Interactive** 31-day challenge for practicing being present and loving yourself.
 - **Quick insight** "Managing stress during the holidays" from Uptime.
 - **Member training course** "Finding gratitude in festive celebrations."
 - **Manager training resources**, including the podcast "Genuine presence over presents: Leading through holiday stress."
 - **Social media post templates** to help promote this month's health and wellness topic among your employees. Feel free to share on your internal communication platforms and via your own LinkedIn accounts as appropriate.
3. Share this information with your organization using the member communication.

As a reminder, we will be launching a new member toolkit each month with updated content and resources. In January, we will share well-being resources that focus on Mind-body connection.

Please keep an eye out for next month's toolkit and let me know if you have any questions.

Thank you