

## Help employees reconnect during and after the pandemic.

Do your employees need help processing their varied pandemic experiences as they re-enter company culture? Bold Voice Collaborative develops customizable wellness programs for corporations and nonprofits grounded in the healing power of expressive writing. Our marquee “**Voice the Pandemic**” restorative workshop led by award-winning instructors is available as an innovative form of employee support.

### WRITE FOR WELLNESS PROGRAMS INCLUDE:

**A scalable wellness solution:** Help your employees process their pandemic experiences through reflection that supports resilience, well-being, and retention.

Interactive,  
live workshops

In-class writing prompts &  
journaling exercises

Storytelling guidance & opportunities  
to share in a supportive community

Tools & inspiration for continuing the  
practice of expressive writing for relief

### EXPRESSIVE WRITING IS PROVEN TO BOOST WELL-BEING

- U.S. businesses lose **200 million+ workdays annually** to depression, costing employers up to **\$44 billion**.<sup>1</sup>
- **200+ studies** show **expressive writing** improves **physical and emotional health**, including sleep and performance.<sup>2</sup>
- **Writing intervention** increases **resilience** and **decreases depressive symptoms**, perceived **stress**, and **rumination**.<sup>3</sup>
- Translating **emotional experience into words** changes its **effect on the brain**.<sup>4</sup>

**Achievements:** Since BVC's founding in 2020, over 200 students have taken part in Voice the Pandemic, resulting in several publications including pieces in The New York Times and Slate and myriad submissions to archives.

**Company Data:** Bold Voice Collaborative (BVC) is an initiative of Girl Meets Voice, Inc., a women-owned creative consultancy founded by author and speaker Dr. Deborah Siegel-Acevedo. BVC has developed customized programs for companies and organizations including:

- Microsoft Inc.
- Association of International Certified Public Accountants
- TEDx
- University of Chicago
- Trustmark Solutions

“ Creativity is a basic human response to trauma and a natural emergency defense system. ”

– Louise DeSalvo, *Writing as a Way of Healing: How Telling Our Stories Transforms Our Lives*