

The Future Of Workplace Wellness

TOP 5 TRENDS



1. Financial Wellness

Employers need to understand the specific financial burdens that their workforce is bearing and implement targeted solutions.



2. Diversity, Equity, Inclusion And Belonging (DEIB) Initiatives

Lack of equity and diversity can lead to worse health outcomes and higher instances of mental illnesses.



3. Flexible And Hybrid Work Models

Remote workers feel 2x better about work-life balance with flexible work models.



4. A Four-Day Workweek

A recent survey shows that 74% of people would give up their current job to have a job that only worked four days a week.



5. Reimagine Employee Benefits

Standard healthcare benefits need to expand to include coverage for mental health, preventative medicine and telehealth.

Be Proactive.

Taking proactive steps to ensure the health and wellness of your employees will pay dividends in the long run, including:



Reduced Turnover



Less Missed Workdays



Lower Healthcare Costs



Higher Employee Morale



Higher Company Loyalty



Increased Productivity



Overall Healthier and Happier Corporate Culture

At Mythos Group, we know that change can be hard. If your organization is looking to implement strategies that foster a well workforce, we can help

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