

THE WORLD WE MAKE 2020

October 5 – 9
Virtual Gathering

THE WORLD WE MAKE: 2020 gathering is a week-long series of presentations and conversations to explore building a new model for flourishing individuals and communities and what it takes to get there.

Since the Center for Healthy Minds opened its doors in 2010, we've focused on personal transformation and how we can leverage our brains' ability to change to improve mental and physical health. In our current political and cultural climate, our task is even greater – to transform societies where everyone can flourish, whether it's in schools, workplaces, health care or at home.

As we reflect on our 10-year anniversary, we're humbled by what we don't know and the work ahead of us. Although we've published hundreds of articles in the top scientific journals, spoken and collaborated with major corporations and led discussions on the global stage, we still have so much to learn and build, **and we're asking you to be a part of it.**

Together, we will celebrate ten years of progress and take a critical look at the challenges and opportunities to develop a model society where well-being is a priority for all. **Please join us.**

Events & Schedules

THE WORLD WE MAKE: 2020

Virtual Gathering with Center Scientists,
Program Directors and Special Guests

Monday, October 5 – *The Plasticity of Mind, Brain and Body*

Tuesday, October 6 – *The Developing Mind*

Wednesday, October 7 – *Healthy Minds at Work*

Thursday, October 8 – *Resilient Minds, Resilient Planets*

Friday, October 9 – *Change Your Mind, Change the World*

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Sponsorship Levels & Benefits

Partner Circle \$10,000

- Partner sponsorship recognition including logo and link to sponsor website and acknowledgements in event invitations, event website pages and event presentations each day of gathering.
- Healthy Minds Program 30-day challenge for organization's employees and organizational assessment.
- Partner sponsorship acknowledgement from Center Founder Richard Davidson on opening day of gathering.

Leader Circle \$5,000

- Leader sponsorship recognition including logo and acknowledgements in event invitations, event website pages and event presentations each day of gathering.
- Healthy Minds Program 30-day challenge for organization's employees.

Ambassador Circle \$2,500

- Ambassador sponsorship recognition including logo and acknowledgements in event invitations, event website pages and event presentations each day of gathering.

Friend Circle \$1,000

- Friend sponsorship name recognition and acknowledgements in event invitations, event website pages and event presentations each day of gathering.

For more information or to become a supporting sponsor please contact:

Lorri Houston, Director of Donor Engagement
LHouston2@wisc.edu 608-263-3672

Sponsorship benefits begin September 1, 2020

WELL-BEING AT WORK

The Healthy Minds 30-Day Challenge

The Healthy Minds Program is a well-being training app that teaches qualities beyond traditional mindfulness training. Our unique program strengthens the four qualities of a healthy mind – awareness, connection, insight and purpose. Through our guided training program, users learn about the science of well-being from leading experts, build a daily habit through guided practice and measure their well-being. The program offers tangible benefits and is supported by decades of scientific research from the Center for Healthy Minds.

The Healthy Minds Challenge offers your organization the opportunity to get a flavor for the Healthy Minds Program and an introduction to the four ingredients of a healthy mind. The four week challenge includes our foundation course, campaign assets, pre and post scientific assessments and an organizational report with program metrics including well-being measures and program progress.

A \$5,000 sponsor of The World We Make includes the Healthy Minds 30-Day Challenge:

- Healthy Minds Program App - Scale the program throughout your organization with a step by step journey in developing the skills of well-being. Hundreds of hours of meditations and podcasts, with additional workplace practices for teams and individuals.
- 30-Day Challenge campaign assets, including an email campaign with practice tips and recorded webinars.
- Administrator Online Portal containing reference documents and tools for rolling out and supporting the program
- Ambassador Guide - An on-boarding and supporting guide that includes an outline of the challenge, webinar details, what employees can expect for the challenge and habit formation activities and tips.
- 30-Day Challenge Report - Organizational well-being report and analytics of program progress and impact.

A \$10,000 sponsorship of The World We Make includes the above, plus an assessment:

- Workplace Well-being Assessment - A comprehensive assessment and report on your team or organizations' well-being, identifying links between trainable components of well-being and important organizational goals.