



National Marketing Group Services, Inc.

Experience. Professionalism. Integrity.

MONTHLY INSIGHT NEWSLETTER ISSUE 10 • JUNE 2022



MYNMG
MONTHLY INSIGHT

TABLE OF CONTENTS

Wellness Tool Kit • P. 1

Mental Health Resources • P. 2

Personal Development with the
NMGS Team • P. 2

WELLNESS TOOL KIT

RESOURCES



ILLIETT OJEDA
WELLNESS PARTNER,
NATIONAL MARKETING GROUP
SERVICES

Valued clients and partners,

Do you struggle with work-life balance? *Do you have difficulty incorporating realistic and sustainable wellness into your business practice?*

If this is you, National Marketing Group Services is excited to offer **personalized wellness programs** for you and your network. We are taking innovation, strategy, and a well-rounded approach to offer you an array of programs that meet you and your brands needs. We do the research for you, and with our findings, we incorporate the practices that are most important and suitable for you and your team. We'll work on ensuring wellness is integrated into your best practices and allow you more time to focus and work on the overall growth of your business.

NMGS continues to strive for excellent and unparalleled service. Our continued growth simply means that are personalization and client-focused model remain with you and your needs, at the forefront. We are here to extend additional amenities that can be utilized by anyone in your network.

What is a wellness toolkit? It is a network of resources that uses the latest wellness trends within mental health, movement, safety, nutrition, and general well-being. **How can I use it?** You simply let us know what you need, what your team is lacking, and we'll work on creating an actionable plan that supports your desired outcome.

MENTAL HEALTH RESOURCES

RESOURCES

The urgency on mental health is at an all-time high. The topic is slowly taking precedence in the workplace. Employees are facing stress, anxiety, burnout, and depression. These are the same people that continue to show up at their desks while navigating these health conditions. We have a responsibility to not just hope for the best, but to do everything we can to help navigate and provide accessible resources that suit our environment.

What can we do? Understand there are various facets of mental health care. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we manage stress, relate to others, and make choices. It includes but is not limited to: mental fitness, nutrition, emotional intelligence, goal-setting, mindset, and environment. Aside from the particularly important resources within our health benefits, NMGS offers added value by providing classes, trainings, communications, social media support, along with many more options.

Learn more by contacting your NMGS representative or your wellness partner.



www.mynmgs.com



Illiett Ojeda
Wellness Partner

National Marketing Group Services

NMGS TAKES ON MENTAL HEALTH & THE FUTURE

National Marketing Group Services understands the amount of work that needs to be applied in order to continue to stay ahead of their industry and maintain the same quality of business during "different" times. *There investment in personal development is proof that individual growth matters in the way they do business - especially in a time where mental health is at the core of productivity.*

The team scheduled a professional development training which included topics on mindset, empowerment, and motivation. They discussed and shared goals and aspirations while creating a powerful vision board they can use for accountability.

The team shared the experience gave them an opportunity to dive deep into their own goals and really think about their future with perspective and possibility. There was also a sense of camaraderie and heightened motivation. I am proud to support NMGS as they pave the way in employer wellness innovation and ways of improving business practices.

National Marketing Group Services, Inc. | 7705 NW 48th Street, Suite 100, Doral, FL 33166
305.592.9926 | mynmgs.com

[Unsubscribe customerservice@mynmgs.com](mailto:unsubscribe@customerservice@mynmgs.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by customerservice@mynmgs.com in collaboration with



Try email marketing for free today!