Employee Wellness & Stress Management Training for Dan Bunkering America, Inc.

SCOPE

In the aftermath of the COVID-19 pandemic, Dan Bunkering America, Inc., a fuel supplier for the maritime industry, identified a growing need to support employees experiencing early signs of burnout. The combination of a high-pressure trading environment and the transition to remote work created challenges for focus, productivity, and overall well-being.

To address this need, the company engaged Mindful Being to provide a series of stress management and emotional wellness trainings. The goal of the program was to equip employees with practical tools to manage stress, regulate emotions, release unhelpful thoughts, and communicate more effectively, ultimately fostering a healthier, more resilient workforce.

ROLE

Over a period of three years, Dr. Ann Friedman, Founder and Certified Instructor of Mindful Being worked with Dan Bunkering America, Inc. to deliver a series of 12-week employee wellness and stress management trainings each year. These sessions were designed to help employees navigate high-pressure work environments and the lingering effects of the COVID-19 pandemic on mental well-being.

The training focused on practical strategies for managing stress, calming emotions, releasing unhelpful thoughts, and improving communication.

RESULTS

The employee wellness and stress management trainings delivered by Mindful Being over three years had a meaningful impact on Dan Bunkering America's team. According to Jim Jensen, former Managing Director, *"The investment in our employees has strengthened our team, reduced anxiety and frustration, and improved communication. I recommend her (Dr. Friedman) trainings highly."*

Beyond teaching techniques, Mindful Being created a supportive environment where employees felt comfortable sharing challenges and exploring new ways to build resilience, with feedback from leadership and participants underscoring the program's value in fostering a more resilient, focused, and cohesive workforce.

Another employee said, *"I used some of the breathing techniques Coach Ann taught us with my daughter, and we noticed that she was more relaxed and that her behavior improved as school. She told me that when she gets upset, she breathes."*

MindfulBeing

MHA Mental Health America of Greater Houston