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Company/Organization: C Far: Beyond the Box

Type of organization: Business

Number of Employees: 1

Category: Workplace

Challenge or Opportunity: Organic growth occurred almost immediately with the creation and execution of a podcast called People, Trauma, and Stress Discussed: an unfiltered truth. After the first few months, the outreach from listeners about our topic, STRESS, and gratitude for our vulnerability in sharing proved a need to create a safe place for people to talk about life.

Approach or Solution: I decided to launch a business focused on creatively talking about the "elephant" in the room, STRESS, in order to work with different-sized populations to help organizations develop a more stable stress-relief platform and positively improve workplace culture discussing a variety of techniques that work inside and out of the workplace.

Impact: Change is happening. WH Bagshaw: we have seen the already progressive and graceful culture become more resilient and open. Feedback from engagements includes: team member was able to sleep the night of our work together by implementing breathing practices; an employee taught her son our practices and he was able to fall asleep that week.