



THE WELLNESS SOCIETY

The Wellness Society Rep Agreement

The mission of The Wellness Society is to help people understand, transform and reduce stress, autostress and anxiety. The Wellness Society Reps accomplish this in several ways:

- Reps are passionate about our cause and if they have personal experience with mental health difficulties, they are open to sharing their story to help raise awareness and increase understanding of mental health.
- Reps are familiar with concepts discussed in The Framework and raise awareness of these on social media. This includes:
 - The distinction between autostress and anxiety,
 - The importance of mindset,
 - The biopsychosocial model of challenge and threat,
 - Cognitive defusion techniques,
 - Cognitive restructuring techniques,
 - Mindfulness and meditation,
 - The importance of rest, sleep, exercise, social connection and nutrition,
 - Positive psychology,
 - The science behind what happens in our brains and bodies when we become calmer and happier.
- Reps are not expected to cover all of these areas, rather, it is expected that their main focus is aligned with The Framework.

Rep Responsibilities

The Wellness Society Reps agree to participate in a minimum of two of the following activities a year:

- Raise awareness of The Wellness Society on social media at least fortnightly. Although not required, Reps are invited to advertise they are The Wellness Society Reps in their social media bios. Raising awareness may take the form of:
 - Reposting an image on Instagram,
 - Mentioning The Wellness Society in an Instagram story,
 - Mentioning The Wellness Society in an Instagram caption,

- Tweeting about and retweeting The Wellness Society,
- Posting a YouTube video about The Wellness Society,
- Sharing The Wellness Society blog posts and other website links on Facebook.
- Feature links to The Framework and/or The Workbooks on their personal website.
- Feature links to The Framework and/or The Workbooks in their social media bios.
- Add 'The Wellness Society Rep' to their email signature with a link to The Wellness Society's website.
- Submit one guest blog post for The Zen Library on a bi-monthly basis with topics mutually agreed in advance.

Reps serve a one-year term and are eligible to re-apply on an annual basis. Places on The Wellness Society Rep scheme are limited, and should a Rep fail to adhere to this agreement, they risk being removed from the scheme.

The Wellness Society Support and Rewards

- We will feature Reps on our website.
- We will share Rep blog posts and social media posts.
- We will reward top performing Reps with special prizes.
- We will support the Rep to set up an affiliate account for The Workbooks. This will allow the Rep to receive a 40% commission for every purchase of The Workbooks made through their links.
- We will support the Rep to set up an Amazon Affiliates account. This will allow the Rep to receive a 5% commission for every purchase of The Framework made through their links.
- We are able to provide references for Reps who serve longer than a one-year term.

Rep Name: _____

Email Address: _____ Rep Phone Number: _____

When signed below, the Rep acknowledges its responsibilities as set forth in relation to the above The Wellness Society Rep Agreement.

Rep Signature: _____ Date: _____

When signed below, The Wellness Society acknowledges its responsibilities as set forth in relation to the above The Wellness Society Rep Agreement.

Signature: _____ Date: _____