

Hi [Insert first name],

I've found The Pause Method® (TPM) course offered by Pause, and I'm writing to request your approval to enroll.

Based on the research and positive outcomes associated with TPM, I believe this course will provide me with valuable skills to build resilience, reduce stress, enhance my focus, and improve my overall well-being. These benefits can directly contribute to our efforts to improve [add employee wellness, productivity, workplace culture, or other current goals here].

Here's what's included in the 12-week TPM program:

- Six 90-minute live online training sessions (delivered every other week)
- Daily Growthwork assignments (requiring < 5 minutes per day)
- Access to a comprehensive digital toolkit with guided practices and resources
- Six core learning modules focused on training different domains of resilience
- Course materials and handouts
- Access to the instructor between classes for support
- Techniques to apply mindfulness to daily life and workplace challenges

You can view the full curriculum, evidence-based approach, and other details [here](#).

I believe participating in this course would especially help me in these areas:

- [add work-related benefit, e.g., "Improving focus and productivity on complex projects"]
- [add work-related benefit, e.g., "Enhancing communication and interpersonal skills"]
- [add work-related benefit, e.g., "Developing resilience in high-stress situations"]

TPM is a revolutionary approach that integrates brief, powerful practices throughout the day. Unlike traditional resilience programs that require dedicated practice time, TPM focuses on a "small moments, many times" approach that makes it highly accessible and adaptable to our busy workplace. The program is scientifically grounded in neuroscience, psychology, and mindfulness research while being practical and easy to implement. The course is offered online, which means it won't require significant time off, airfare, or lodging expenses.

The total cost for the 12-week program, including all materials, is \$695.

Thank you for considering this request. I'd be happy to submit any required documentation to demonstrate my participation or provide any further information needed.

Best,
[Your Name]