

## **Reset, Recharge, Restore: How to go From Burnout to Balance & Create Calm from the Inside Out**

### **Who this is for:**

- Teams
- Small groups
- Lunch & Learn

This workshop is designed for busy professionals who want to learn how to identify, manage and conquer overwhelm so they can thrive, not just survive, in challenging times. You will learn simple and practical tools to help you recognize and combat various types of burnout so that you can manage the daily stressors of life (and work) with ease.

### **Participants will learn how to:**

- Identify the signs, symptoms, and impact of physical, emotional, and psychological burnout and strategies to manage fatigue effectively
- Uncover the reasons why it's difficult for you to create boundaries, make time for self-care, and bounce back from adversity when it arises
- Discover how mastering your mindset will radically change how you think, feel, and behave when under stress
- Practice effective ways to prioritize your well-being and protect your peace without compromising your integrity

This session will deepen your self-awareness, boost your self-compassion, and help you redefine your priorities so that you can focus on what really matters.

### **General Format**

- **Reset, Recharge, Restore** can be offered as a half day (2.5-3 hours) workshop, full day experience, or in a Lunch and Learn format
- Presentation, large and small group discussion, individual and group work
- Can be combined with any other training topic for a half, full, or multi-day experience

## **Respond, Don't React: How to Effectively Identify & Manage Emotions When You're Under Stress**

### **Who this is for:**

- Teams
- Small groups
- Lunch & Learn

Now more than ever leaders, teams, and individuals are pressed to foster stronger relationships with customers and colleagues, develop more effective communication skills through trust and mutual respect, and enhance overall effectiveness and productivity in the business, all while taking care of ourselves.

Learn how the principles of emotional intelligence can help you recognize and understand your own emotions, and to use this awareness to manage behaviours and make effective decisions.

### **In this session participants will learn:**

- The science behind Emotional Intelligence (EQ) and how mindfulness is the secret weapon to managing stress in every area of your life
- Ways emotional intelligence can help and hinder your performance when under stress and how to soften its impact when under pressure
- Strategies to protect your overall well being without sacrificing your productivity, efficiency, or effectiveness

### **General Format**

- ***Respond, Don't React*** can be offered as a half day (2.5-3 hours) workshop, full day experience, or in a Lunch and Learn format.
- Presentation, large and small group discussion, individual and group work.
- Can be combined with any other training topic for a half, full, or multi-day experience.

## **Mental Fitness: How to Grow the Three Core Mental Muscles to Thrive in Challenging Times**

### **Who this is for:**

- Teams
- Small groups
- Lunch & Learn

Mental Fitness is your capacity to respond to life's challenges with a positive rather than negative mindset. Based in the science of Positive Psychology, mental fitness supports your peak performance, peace of mind/wellness, and healthy relationships.

### **In this session, participants will learn:**

- The 3 core muscles at the root of mental fitness: Saboteur Interceptor, Sage, and Self-Command
- Why and when Saboteurs show up and how they subvert your productivity, relationships and self-esteem, personally and professionally
- How to quickly and effectively intercept the Saboteur so that you can access your Sage with ease
- The power of the Sage Perspective to help instantly regain focus, tap into creativity, and amplify success, even in challenging times

Participants will have the opportunity to continue their learning so they can eliminate the root causes of negative self-talk so they can think, feel and be the best version of themselves in every situation.

Mental Fitness is the **only** Operating System you need to radically change how you think, feel, and act. It is perfect for anyone who struggles with negative self-talk, imposter syndrome, lack of confidence, and self-doubt. Create new neuropathways to support your success in life and work and fundamentally change how you cope during challenging times.

### **General Format**

- Mental Fitness can be offered as a half day (2.5-3 hours) workshop, full day experience, or in a Lunch and Learn format.
- It can be used as an introduction to the 7-week intensive program. Please inquire for more details.