

Option #1:

**Managing Me: Reset, Recharge, Restore & Create Balance**

**Who this is for:**

- Teams
- Small groups
- Lunch & Learn

A New Year is an opportunity to reset, recharge, and restore your mindset so that you can set yourself up for success. This workshop is designed for teams who want to calibrate and focus on the year ahead with a strong foundation for true work and life balance. Participants will have the opportunity to reflect on the year gone by, get clear on what the new year has to offer, and declare what's needed to feel empowered, grounded, and renewed from the inside out.

**Participants will:**

- Reflect on the challenges, insights, and lessons learned from 2022 that will help create productive, fulfilling, and meaningful new year commitments
- Identify the boundaries, priorities, and values that will define meaningful (and sustainable) work-life balance
- Discover powerful micro-resilience strategies to minimize stress, even in challenging, unpredictable times
- Practice effective strategies that prioritize well-being so that personal and professional goals can be achieved with confidence

This session will help participants effectively manage their personal and professional selves in order to create more balance in their lives and overall satisfaction with their work.

**General Format**

- **Managing Me** 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

Option #2:

**Overcoming Overwhelm: From Burnout to  
Balance 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