

# Building Resiliency in Today's Complex Workplace

Staying physically, mentally, and emotionally resilient is key in today's fast-moving highly- charged workplace. Determining the vital coping and re-energizing systems for each, with a workable plan to put them in place, makes the necessary difference.



This highly interactive workshop equips each participant with a menu of modalities to determine and deliver peak performance. Optimally, collective mutual respect for the needed time to “detach and recharge,” builds a workplace environment of rock-solid resiliency that persists!

## Discussion points are:

- The Complex Challenging Workplace vs. The Dynamic Purpose-Driven Workplace
- The Time Management Challenge
- Sobering Statistics
- 3 Eye-Opening Assessment Questions
- Reasons for Stress-related Exhaustion
- Re-energizing Top Efficiency Formula
- Balancing Body and Brain Chemistry
- Investigating Emotions and their Impact
- Exploring the key “detach and recharge” Element
- Quick-Fix Food Allergy Aids
- Health Malady and Stress-Relieving Formulas
- Pain Management Tools
- Mastery of a Motivated Mindset

Each participant will be “boosted back to their best,” leaving with a refreshed mindset, a comprehensive workbook and a solid action plan to put the proven principles in place and tackle the ongoing challenges that arise.

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**October 9<sup>th</sup> & 10<sup>th</sup>, 9:00am – 4:00pm**