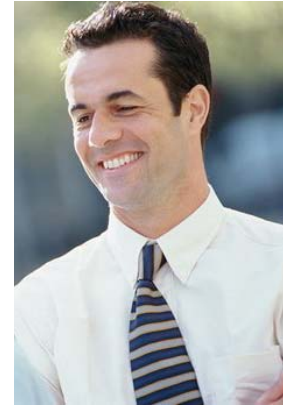




# *Wellness in the Workplace*



Doing more with less is a necessity in today's complex workplace. It is also a constant. This ongoing demand increases stress and decreases efficiency. As a result, employee health and on-the-job performance can be significantly impacted.

This workshop's highest priority is boosting employee productivity with the time-proven "Top Efficiency Formula" fortifying and equipping them from within mentally, physically and emotionally.

**WELLNESS IN THE WORKPLACE** is an eye-opening, power-packed workshop offering startling statistics, proven strategies and steps for immediate and long-term change.

### *Workshop participants will learn:*

- The value of and the necessity for wellness in the workplace.
- The **STRESSERCISE™ for Life** Top Efficiency Formula and Five-Sense Stress Test.
- The culprits that derail even the strongest productivity efforts.
- The 3 top food allergies that cause fatigue and contribute to weight gain, as well as short-term memory loss.
- The benefits of proper brain chemistry that deliver more balanced moods, quicker memory recall and long-term retention.
- Enhanced communication components and tested coping tips for better co-worker interaction and cooperation.
- Top nutritional supplements for overcoming the 7 common health maladies that sabotage work performance.
- The vital importance for ongoing self-talk monitoring and a powerful "on the spot" formula to reprogram it.
- The significance of the 80/20 principle for life.

Participants will leave with a proven incremental action plan that works.

***Wellness in the Workplace Workshop***  
**March 13<sup>th</sup> & 14<sup>th</sup>, 9:00am – 4:00pm**