

How to Make Time for Your Well-being

During this workshop participants will:

- Complete a self-assessment to gain insight into whether they are a Prover or Succeeder. Provers are driven by fear and spend a great deal of time worrying.
- Identify the source of their Worry-Time™: procrastinating, perfectionism, future tripping distractions, etc.
- Learn why spending time on proactive activities will help them feel more in control.
- Understand how to manage their mindset so they reduce how frequently they are triggered into Worry-Time™.
- Learn specific techniques to conquer their negativity bias and develop a positivity focus.
- Invest time in daily well-being practices to fuel focus, productivity, and inner sense of peace.

Since founding her business in 1996, Eva Wisnik has conducted training programs for more than 120 firms nationwide.

This 60-minute virtual or in-person training will provide actionable tools to feel more in control and less stressed, as well as rituals to maximize focus and productivity.

Our brains are wired for survival and easily default to a negativity bias. This, coupled with the uncertainty we have all experienced in recent times, leads to a high level of stress. Investing time in our well-being is not a luxury but a must!

This workshop provides high achievers with an assessment to identify the source of their Worry-Time™, as well as daily well-being practices that will enable them to build the reserves they need to handle challenges. They will learn how to take proactive ownership over their well-being.

