

simple change

SIMPLE CONCEPTS, TRANSFORMATIONAL CHANGE

TRANSFORM YOUR LIFE ONE SIMPLE CHANGE AT A TIME

Life is often filled with busy schedules, competing distractions and constant stress. Discover simple strategies to maximize your energy, productivity and focus to improve your personal performance and overall sense of wellbeing.

ENERGY



Mental energy drains and boosters (recharging)



Improve the quality and quantity of sleep each night



Positive impact of exercise on focus, creativity and productivity



Use food as fuel for maximizing your energy throughout the day

PRODUCTIVITY



Effective email, task and calendar management



Minimizing digital overload and clutter



Planning and prioritization to achieve more in less time



Increase impact through theme days and work sprints

FOCUS



Close the virtual door to improve your results



Giving yourself permission to rest



Doing less to achieve more



Training your mind through meditation

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LEADERSHIP: CREATING THE RIPPLE EFFECT

Implementing effective wellbeing strategies is the key to retaining and engaging talent. Leaders model success through their own behaviors, and can significantly improve the results of their team.

Building a healthy culture



Understand the value of wellbeing and the true cost of turnover



Eliminating toxic behaviors from the workplace



Strategies to reduce team stress and burnout



Recognizing and preventing presenteeism

Improving team productivity



How the words and behaviors of leaders impact overall team performance



Design effective meetings to maximize impact and engagement



Using theme days and email strategies to improve productivity



Recharging your teams to enhance focus

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MINDFULNESS WORKSHOP

Demands on your time and attention fracture the mind with constant messages, meetings, and deadlines. Research shows mindfulness supports your ability to direct your attention at will, which is a desired trait of an effective leader.

In this experiential workshop you will:

Gain insight on your behaviors and situations that trigger stress



Articulate the distractions that hijack your attention and intentions



Recognize your auto-pilot behaviors that have negative consequences

Learn evidence-based strategies to help you choose a calm response



Notice the physical, mental, emotional manifestations in the moment



Experiment with multiple mindfulness practices and guided meditations

Identify strategies to increase your productivity, nourish creativity, and sharpen your focus



Assert a controlled response towards overwhelming situations



Develop a clear mindset prior to important meetings and conversations

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DELICIOUS AND NUTRITIOUS

Meal Planning & Preparation Made Simple

Research shows that most people know nutrition is integral in the foundation of healthy living, yet many people struggle with recipe creation, meal planning, and the cooking skills they need to get out of the restaurant and into kitchen. Learn how to make cooking at home second nature with these strategies from a Registered Dietitian:

Enhancing your knowledge to make healthy choices come naturally



Balancing your plate and adapting recipes to fit your family's tastes and preferences



Using oils, spices, and condiments to boost flavor and health benefits

Implementing new recipe ideas for variety while simplifying the process



Ideas for incorporating fruits, vegetables, and super-foods into your daily routine



Simplifying meal planning, grocery shopping, and meal preparation

Developing your skills to be more effective in the kitchen



Saving time in the kitchen with freezer meals and batch cooking



Knife skills and cooking techniques to take your knowledge from the classroom to the kitchen

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