

WHEN IT COMES TO
PEAK PERFORMANCE,
THE ABILITY TO MANAGE
STRESS IS A KEY
FACTOR THAT LEADS TO
ORGANIZATIONAL
SUCCESS



Did you know mindfulness can be a profound tool to change the culture of a business from the inside out?

Are you dealing with employee absence and turnover due to stress and burnout?

If you've never thought about mindfulness as a strategic business strategy, think again. Helping your employees overcome some of life's most difficult challenges such as the Pandemic, isolation, and loneliness from working from home to increasing performance, focus, teamwork, and job satisfaction are all byproducts of an organizational culture that focuses on workplace wellness.

Mindfulness is not about religion, or some strange ritual performed by gurus. It's an actual workplace wellness practice used by Google, sports teams, schools, and the United States military to increase one's ability to bounce back from adversity and deal with life's setbacks.

Mindfulness practice can significantly reduce stress levels, improve relationships, wellbeing, productivity, and work satisfaction.

AN INVESTMENT IN YOUR EMPLOYEES:



Increases
Performance



Retains
Talent



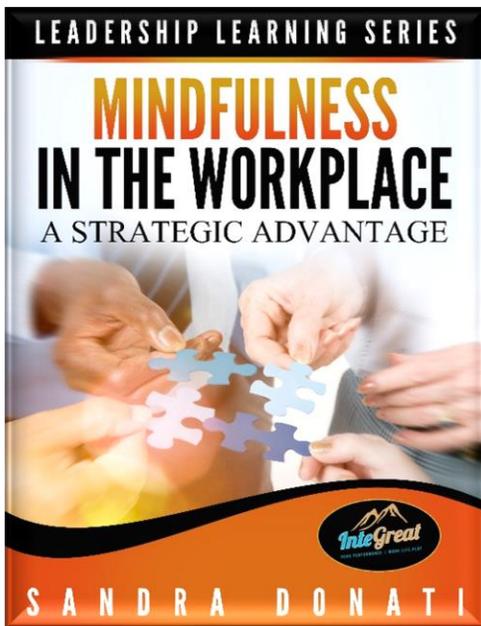
Drives Creativity
& Innovation



Creates better
Collaboration



Workshop Handbook



WHO SHOULD ATTEND?

Executives

Managers

Team Leaders

Employees



Mindfulness in the Workplace Workshop will teach participants specific techniques to de-stress and improve health and wellbeing.

Implement my mindfulness in the workplace workshop today. I have designed engaging participant materials, discussions, and learning activities that teach participants the following key concepts:

- Discuss the concept of mindfulness to improve wellbeing.
- Apply techniques to de-stress.
- Learn mindfulness techniques to incorporate into daily life.
- Act in ways to help you be better at dealing with others.
- Improve all aspects of your personal and professional life.
- Be more focused and appreciate the simpler things in life.

After the workshop, participants will be able to apply strategies to strengthen one's resilience to effectively hand stress; become more aware of thoughts, feelings, and actions in every situation or setting; learn how to manage social skills to more effectively to live and work with others; and minimize misunderstandings.

READY TO GET STARTED?

Here's how to implement a successful emotional intelligence initiative workshop in three easy steps:

1. Decide – I'll help you decide who gets the training and why.
2. Prepare – I will customize your workshop to exceed your expectations.
3. Deliver – I will deliver the training in a fun and engaging way that will help make the learning stick.

Sandra Donati, EdS, is a faculty member at American University's School of Public Affairs where she teaches graduate level courses in public management and policy. Sandra is the President, InteGreat Peak Performance. Work. Life. Play. LLC, specializing in organizational leadership development, employee engagement, change management, consulting and coaching with over 700 coaching hours. Prior to her retirement in 2018, Sandra was the Provost, Leadership Academy at the Pentagon Force Protection Agency (PFPA) responsible for the design and launch of the leadership academy in 2014. Her work at PFPA focused on leading change in a complex environment and teaching all levels of PFPA leaders from her Aspiring Leader Program, Leadership in Police Organizations Program, and executive level development program where she taught and graduated over 200 students.

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