



STEVE FRIEDLAND ASSOCIATES

MANAGEMENT CONSULTING • EXECUTIVE COACHING • TRAINING

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Wellness 24/7 Series

Wellness in the Workplace: Optimizing Talent and Performance

This workshop provides participants with key insights, knowledge, practices, tools and resources to optimize and enhance one's talent, reduce stress reactions, prevent burnout, as well as improve job performance and team effectiveness.

Key topics will include:

- Understanding wellness, culture, and diversity
- Applying peak performance principles to optimize talent
- Aligning wellness policies and programs with practices in the workplace
- Recognizing signs and symptoms of stress
- Key stages of burnout and how to prevent them
- Approaches to work and tasks that increase or decrease stress
- Cognitive thoughts and beliefs that can increase or reduce stress reactions
- Prevention strategies and practices that improve one's performance, overall health and wellness

As a result of this workshop, participants will be able to apply knowledge and practices to enhance their on-the-job performance, reduce stress, and improve their overall health and wellness.

CORE COMPETENCIES: Diversity, Stress Management, Wellness, Work Management, and Work-Life Balance.

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“Steve rocks! Always concrete ideas to use. Truly—the best trainer I’ve had!”

“One-minute break is a wonderful, yet practical practice and it really works!”

“Excellent! Better than any of my years of ‘shrinks’.”