

CONCEPTS (TO USE TODAY!) FOR RESTORING WELL-BEING AND IMPROVING MENTAL HEALTH

This one-hour workshop-style presentation engages the audience in re-balancing their lives to improve overall well-being. We address balancing energy in and energy out, aligning our values with our daily lives, extending compassion to ourselves and others, and asking ourselves the right questions to get back on track when we feel "off." With humor, insight, and authenticity, Dr. Debbie Granick helps teams create positive change and recover from challenges.

Format:

Interactive. Attendees leave with an action plan to implement concepts in their daily lives.

Time required:

Generally 60-90 minutes. More time allows for more audience participation in activities.

Cost:

\$1400 for up to 20 attendees. Cost includes 2 weeks of email availability for attendee (up to 20) follow up questions and clarification. Cost includes activity materials and travel within 30 minutes of RTP.

Equipment required:

Screen/computer for powerpoint presentation.

Ready to schedule for 2021-2022? Have questions about making this work in your organization? My goal is to help you help your team! Please reach out with questions or requests.