



# SHIFT

## A WORKPLACE WELLNESS ADVOCACY CERTIFICATION

Improve Culture And Performance Through Meaningful Connection And Emotional Well-Being

Imagine having leaders who effectively support your employee's emotional well-being and employees that feel safe reaching out about anything. It requires a cultural shift to transform people's lives and increase engagement, productivity, and performance.



**STIGMA AND JOB CONCERNS  
ARE TOP REASONS PEOPLE  
SUFFER IN SILENCE**

## COMPANIES FACE CHALLENGES

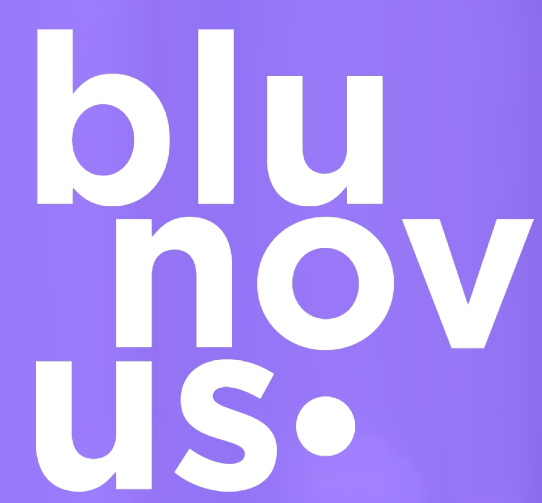
- 1 in 5 people currently live with mental illness.
- 80% of Americans never get the help they need.
- 87% of leaders don't receive mental health training.
- 69% of employees say they need more support.

## HOW THE TRAINING INFLUENCES PEOPLE AND CHANGES CULTURE

- Improves listening skills so people feel heard and supported
- Promotes transparency and honesty
- Improves results through mindful attention
- Delivers clarity and confidence under pressure
- Allows for difficult conversations that solve problems
- Cultivates mental and emotional resilience
- Creates leaders that employees trust and believe in
- Fosters an environment of respect, trust, and gratitude







We show you where connection, well-being, and success come from and how to **LEAD** with authenticity, empathy, and confidence.

## TOPICS COVERED

- How emotional well-being impacts everyone
- Why leaders need to understand mental health
- The performance and well-being relationship
- The science of compassion and real connection
- Innate listening and team unity
- Following the nudge and power of pause
- Why managers & teams need empathy and trust



## THE IMPACT

You are **more connected** with yourself and others on a "soul-to-soul" level.

You emanate **quiet confidence** and a secure sense of self.

You turn into a **deep listener**, where others feel heard and understood.

You gain a deeper capacity for **patience and clarity**.

You embody **honesty and transparency** that builds trust and team unity.

You express more **compassion and kindness**.

## Our Promise

Here's what **attendees walk away with** from the training:

**Connection** - Through empathy and trust that allows individuals to feel "heard"

**Clarity** - In how to use tools to be "present" and cool under pressure for staff

**Confidence** - When showing authenticity and vulnerability to build relationships

**Calmness** - By being able to offer peace through the thought-feeling relationship

**Cultural Shift** - By creating an environment of respect, trust, and gratitude



Contact us for pricing info and other training details.

We are here to help!