



# Your Company Grows When Your People Do

## COURSE OVERVIEW

Employee performance, satisfaction and retention rely squarely on an employer's commitment to provide personal and professional growth, work-life balance and opportunities for advancement.

This truly unique, self-paced Life Upgrade training program delivers highly personalized, practical and lasting improvements that inspire professionals to pursue their lives with greater clarity, purpose and passion. The interactive learning experience helps cultivate the habits and mindset for employees to think, feel and perform at their best.

**The result:** individual transformation meets organizational goals.

### MODULE I: PERSONAL Self-Discovery & Mindset

- Perception
- Earned Confidence
- Winning the Battle Within

### MODULE III: INTERPERSONAL Relationships & Interactions

- Be Aware of Spiders
- Elements in Motion
- Swim with the Current

### MODULE II: WELL-BEING Healthiness & Energy

- Mood Health
- Being a Life Athlete
- Managing Energy

### MODULE IV: PURPOSE Enrichment & Legacy

- Harnessing Gratitude
- Inevitability
- Align Your Livelihood

## DAY 29: Life Enrichment Action Plan (LEAP)

- Integrated Retention Activities
- Mindfulness Customization
- Happierness Mindset System
- Personalized Growth Roadmap



Matt Zinman is a difference-maker devoted to personally enriching the lives of at least 100 million people by 2025. He is a speaker, course creator and author of the highly acclaimed book, "Z-isms: Insights to Live By." He is also the host of Insights to Live By, a podcast that invites guests to share their own life lessons. Matt's second book is due out in 2022.

## LASTING IMPACT

Created and presented by Matt Zinman, author of "Z-isms: Insights to Live By," the Life Upgrade program features innovative, interactive and insightful content with all-original concepts that are simple, practical, powerful and actionable to improve daily life.

### Risk-Free Learning



### Talent Development

- Work-Life Balance
- Communication Skills
- Collaboration & Teamwork
- Relationships & Interactions
- Critical Thinking/Self-Reliance
- Problem Solving/Prevention
- Conflict Resolution/Avoidance
- Productivity (time/energy)
- Leadership/Professionalism

### Personal Skills

- Self-Discovery & Mindset
- Confidence & Resilience
- Emotional Intelligence
- Mood Health & Well-Being
- Mindfulness & Presence
- Passion & Purpose
- Life Management

### def. Happierness (noun)

The premier mindset of Z-isms to be intentionally present and have a reflex of positivity by **choosing** to make the best of every situation.

