



Prospectus

- Course Overview
- Learning Outcomes & Activities
- Course Details

Viewer Guide

The WellBeing Reset entails engaging experiences with innovative techniques and content. By design, this Prospectus conveys detailed understanding. Viewing the pages below is like peeling an onion. Some may prefer to read the last page first.

Thank you for your interest to know more.



Risk-Free Learning



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Your Company Grows When Your People Do

COURSE OVERVIEW

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

This truly unique, self-paced WellBeing Reset 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 mindset and habits for employees to think, feel and perform at their best. **The result:** individual transformation meets organizational goals.

MODULE I: MINDSET

- Perception
- Earned Confidence
- Winning the Battle Within

MODULE III: MINDFULNESS

- Harnessing Gratitude
- Amplifying Presence
- Embracing Happierness

MODULE II: WELLNESS

- Mood Health
- Being a Life Athlete
- Managing Energy

BONUS CONTENT

- Z-isms Audiobook & eBook
- Practical Skills Tip Sheets
- 90+ Day Growth Roadmap

"The WellBeing Reset course helped me take an honest evaluation of myself and filter out a lot of worry."

– Adam P. ★★★★★

"Matt's personal touch with videos and easy-to-apply activities made this course special. I would recommend it to anyone."

★★★★★ – Annie L.

"It forced me to take a deeper look into my past, my future, my thoughts and feelings and the way I react to everyday situations."

★★★★★ – Sophia C.

"Two weeks after completing the program, I still feel refreshed and am holding onto the mindset that this course allowed me to have."

★★★★★ – Laura W.



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 2023.

LASTING IMPACT

Created and presented by Matt Zinman, author of "Z-isms: Insights to Live By," the WellBeing Reset 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 Integration
- Communication Skills
- Collaboration & Teamwork
- Relationships & Interactions
- Critical Thinking/Self-Reliance
- Problem Solving/Prevention
- Conflict Resolution/Avoidance
- Productivity (time/energy)

Personal Skills

- Self-Discovery & Mindset
- Confidence & Resilience
- Emotional Intelligence/Empathy
- Mood Health & Well-Being
- Mindfulness & Presence
- Burnout Recovery
- 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.





Practical Experience Has No Substitute

LEARNING ACTIVITIES AND OUTCOMES

MODULE I: MINDSET

Perception Is

- Personal Values Assessor
- Perception Snapshot (Internal)
- Belief System Assessor
- Perception Snapshot (External)
- Intuition Truster

Earned Confidence

- Earned Confidence Inventory
- Worry Stopper
- Fiction Filter
- Self-Belief Assessor
- Confidence Builder
- Affirmation Assimilator

Winning the Battle Within

- Personal Relationship Assessor
- Self-Kindness Internalizer
- Forgiveness Freer
- Baggage Dropper
- Anger Manager
- Negative Thoughts Neutralizer

MODULE III: MINDFULNESS

- Mindfulness Magnifier
- Active Listening Exercise
- Mind-Body Connector
- Gravity Connector
- Mindfulness Menu
- Mindfulness Amplifier

BONUS CONTENT

- Emotional Intelligence Quizzes
- Interpersonal Communication Tips
- Time & Energy Management Tips
- Organizational Skills Tips
- Active Listening Tips
- Happierness® Mindset System
- Z-isms ebook and audiobook

MODULE II: WELLNESS

Maintaining Mood Health

- Mood Scale / Clinical Symptoms
- Mood Health Resources Page Visit
- Depression Defeater
- Loneliness Lessener
- Burnout Reliever

Being a Life Athlete

- Emotional Intelligence Instiller
- Problem Preventer
- The Destressor
- Self-Care Report Card
- Gratitude Inventory
- Gratitude Practicer

Managing Energy

- Energy Management Quiz
- Time-to-Energy Shifter
- Interpersonal Alerter
- Conflict Resolver
- Hater Handler
- Assumption Stopper

COURSE TAKEAWAYS

- Personalized Mindset Plan
- Personalized Wellness Plan
- Personalized Mindfulness Plan
- Personalized Growth Roadmap
- Practical Skills Tip Sheets
- Life Enrichment Action Plan (LEAP)

IMPACT SUMMARY

Learners learn by doing. Each module features highly engaging activities with defined outcomes that converge into a personalized plan. Together, these create a Life Enrichment Action Plan with proven techniques to form the habits that provide lasting improvement.



"Beyond the book, the WellBeing Reset embodies the best of everything I've come to know in 30+ years of my various professional and personal experiences.

"I believe this to be the most practical, transformative and enduring human enrichment program anywhere."

- Matt Zinman

EMPLOYER BENEFITS

- ▶ Reinforces employer commitment to be caring and value employees
- ▶ Supports retention initiatives to reduce attrition and cost-per-hire
- ▶ Promotes total individual wellbeing
- ▶ Relieves burnout and related fatigue
- ▶ Connects hybrid workers and teams through shared experiences
- ▶ Holistic training approach to improve overall human abilities and productivity
- ▶ Targets foundational skills gaps
- ▶ Ideal prior to leadership development

Learner Outcomes

YOUR		WILL BE
Self-Discovery	→	Complete
Mindset	→	Clear
Confidence	→	Boosted
Relationships	→	Enhanced
Well-Being	→	Supported
Mood Swings	→	Eased
Mindfulness	→	Amplified
Gratitude	→	Harnessed
Purpose	→	Pinpointed
Goals	→	Clarified
Life	→	Enriched with Happierness





Innovative Techniques for Employee Enrichment

COURSE DETAILS

MODULE I: PERSONAL

It all begins with mindset. Distinguishing between and pinpointing ones' values, beliefs, character traits, perceptions and relationship with self are at the foundation. The results will improve your confidence, presence, mindfulness, intuition, clarity and purpose with an emphasis on self-discovery and techniques to be more present, focused and intentional in the moment.

- **Perception**

Just because something seems real does not make it true. The meaning we assign can be very subjective, judgmental and totally inaccurate.

- **Earned Confidence**

Knowing we've overcome all else proves that we are fully capable of coping in real-time. Outsmart uncertainties like worry, anxiety and assumptions.

- **Winning the Battle Within**

What makes steady self-improvement so elusive? Discover the keys to let go of past baggage, tame your inner voice and gain total clarity for growth.

MODULE III: MINDFULNESS

Mindfulness goes to the very heart of life enrichment, joy and fulfillment. This optional bonus module amplifies mindfulness practices with various techniques and activities designed to fully experience being in the moment and sustaining ones' presence.

There's no substitute for experience. Some things can only be learned by doing. Improving the ability to remain present involves skills that transcend mindfulness - be those for listening and engaging with others, communication and social cues, remaining grounded during interactions and enriching relationships overall.

- **Mindfulness Customizer**

Once all mindfulness activities are experienced first-hand, it's time to compare and rate each to select a few to keep experimenting and practicing. Some participants may prefer to continue to hone their sensory observations while others may enjoy a change of scenery or audio-guided explorations with gratitude and joy.. To each their own.

MODULE II: WELL-BEING

Learn what it means to be a Life Athlete. Here it has less to do with fitness and nutrition as it does having self-awareness for managing your Mood Health, personal energy, the unavoidable challenges you encounter and the avoidable ones you can prevent. Specific emphasis is placed on improving emotional intelligence, critical thinking and enriching daily living.

- **Mood Health**

Explore facets of mental well-being. Build your resilience. Learn how to support others. Create a personalized action plan to live more healthfully.

- **Being a Life Athlete**

Care for your physical, mental, emotional and spiritual wellbeing. Treat yourself right, avert problems, manage stress and life-work balance.

- **Managing Energy**

Assess your personal energy and productivity. Take more intentional actions. Engage with others more mindfully. Eliminate the unnecessary.

BONUS CONTENT

Learners are also granted lifetime access to ever-evolving content and are encouraged make good use of available tip sheets, and recommendations to explore supplemental resources, such as online assessments and other helpful links to further enrich their lives.

Another significant takeaway for learners to continue using is an illustration depicting the 8 facets of the Happierness® Mindset that provides an at-a-glance summary for easy reference that further reinforces the key foundational concepts that are emphasized throughout the course.

- **Z-isms eBook and Audiobook**

Richly authentic, deeply personal and highly motivating, Z-isms offers new ways to better ourselves, our experiences and our encounters. A Top 100 Amazon reviewer calls it, "One of the finest guides to stimulate personal and interpersonal growth." The eBook is available in all formats along with the exclusive audiobook.

Life Enrichment Action Plan (LEAP)

Here's where it all comes together with a fully aligned approach to personalize one's WellBeing Reset and priorities for perpetual growth. These activities make it easy to reinforce the most meaningful insights and course learnings along with tools to customize practices to continuously improve the learner's most pertinent goals.

LEARNING FORMAT

SELF-PACED

The WellBeing Reset is a 3-in-1 course. The Mindset and Wellness sub-courses each have 3 sections, each involving 2 activity days that take about 1 hour per day to complete. The additional module on Mindfulness spans 3-4 days.

For the final day of each module, course-takers will do a recap that personalizes their take-aways.

VIDEO-CENTRIC

Throughout the learner experience are instructive and insightful videos by Matt Zinman, author of Z-isms. These videos feature his personal introduction, course orientation, module overviews and his tips to make outcomes most beneficial.

TAKE-AWAYS

The course culminates on LEAP Day with the Life Enrichment Action Plan, which integrates the most relevant elements of the Personalization Plans from each module. Learners also retain downloads of the activities they completed during the course.

- **Blended Learning:** course-certified facilitators can manage training and incorporate customized metrics.

- **Social Learning:** create team "triads" or "quads" to set their own pace with 2-4 sessions, much like a book club. Discussion Guides are provided to help reinforce the learning experience. This embeds accountability, increases retention and practical training as part of a fun team-bonding experience.

