

# Z-isms Interactive Wellbeing Workshop

Presented by author Matt Zinman, this interactive, customized program incorporates all-original content from his book, Z-isms, with innovative techniques for participants to cultivate the mindset, resilience and habits to think, feel and perform at their best.



## "Being a Life Athlete" (Wellness and Mindset Techniques for Living Better)

Featuring premier content from the "Z-isms Mindset Reset," this program offers insights about perception, Earned Confidence and Happierness® to instill greater presence, intention and enrichment with practical skills that foster lasting personal improvement.

**Core Activities:** Perception Snapshot, Problem Preventer, Earned Confidence Inventory, Baggage Dropper and the Emotional Intelligence Instiller.

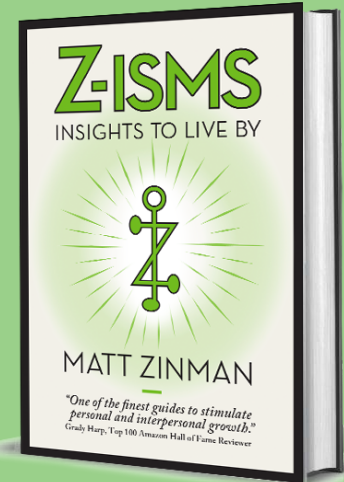


Matt Zinman is a difference-maker devoted to personally enriching the lives of at least 100 million people by 2030. He is a speaker, course creator and author of the highly acclaimed book, "Z-isms: Insights to Live By." Matt also hosts a podcast that invites guests to share their own life lessons, aptly titled, Insights to Live By.

**Z-ism** [Zee-iz-um] (noun)

Inspirational pearl of wisdom, original wit, or personal experience shared to positively impact the lives of as many people as possible.

### An Insight to Live By



Based on the highly acclaimed book: *Z-isms: Insights to Live By*

### LEARNER OUTCOMES

- ▶ Promotes complete individual wellbeing
- ▶ Relieves and prevents burnout
- ▶ Improves essential life and work skills
- ▶ Provides effective Mood Health practices
- ▶ Aligns purpose-driven motives to increase engagement, productivity and motivation
- ▶ Practical tools and activities tailored to individual needs for lasting improvements

### EMPLOYER BENEFITS

- ▶ Reinforces employer commitment and culture to care about and value employees
- ▶ Addresses the underlying issues involving dissatisfaction and wellbeing to increase retention, productivity and engagement
- ▶ Fosters connection for individuals and teams through shared experiences
- ▶ Holistic training to improve overall skills for work-life balance, emotional intelligence, critical thinking and coping strategies

[MattZinman.com](http://MattZinman.com)

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