

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" Instilling Purpose, Presence and Positivity

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.

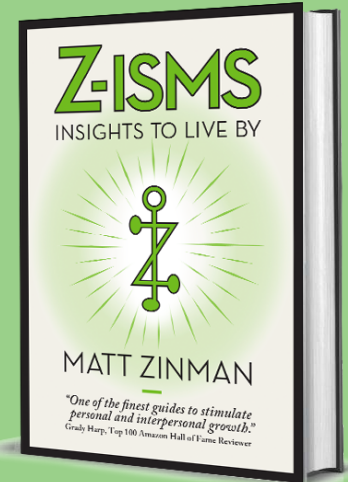


Matt Zinman is a difference-maker devoted to personally enriching the lives of at least 25 million people by 2030. He is a speaker, course creator and author of the highly acclaimed book, "Z-isms: Insights to Live By." Matt also hosts a podcast that invites guests to share their own life lessons, aptly 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

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