

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.



"Managing Mood Health and Personal Energy for Optimal Self-Care"

Matt freely shares his personal experiences in overcoming burnout and depression to help others do the same with proven practices and effective tools to put into action. This workshop also heightens awareness about personal, interpersonal and universal energy with approaches to act more purposefully.

Core Activities:

Burnout Reliever, Depression Defeater, The Destressor, Time-to-Energy Shifter and the Self-Care Report Card.

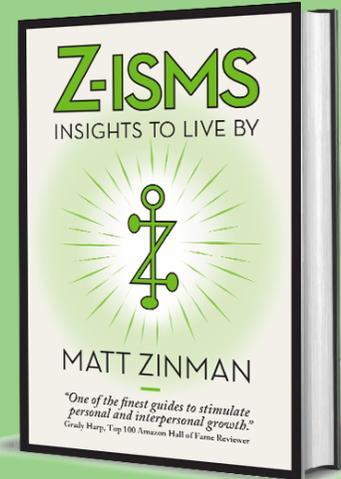


Matt Zinman is a difference-maker devoted to personally enriching the lives of at least 25 million people by 2030. He is a speaker, course creator and author of the highly acclaimed book, "Z-isms: Insights to Live By." Matt also hosts a podcast that invites guests to share their own life lessons, aptly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