

UNCOMMON MINDSET TECHNIQUES TO INSTILL PRESENCE AND RESILIENCE

Passion | Purpose | Perception | Positivity

Presented by author Matt Zinman, this interactive live training 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.

PARTICIPANTS WILL:

- Enjoy various experiential activities and interactive exchanges
- Learn ways to improve their focus, productivity and performance
- Discover techniques to be more present and experience more joy
- Improve skills to manage daily interactions, energy and Mood Health
- Enhance their awareness and ability to counteract negative self-talk
- Outsmart uncertainties like worry, anxiety, assumptions and fears
- Experience a noticeable confidence boost with the means to sustain it
- Gain access to exclusive tools to improve their wellbeing and burnout
- Leave with essential mindset skills to practice and upgrade their lives
- Strengthen their resolve with the Z-isms concept of Happierness®

PROGRAM SUMMARY

We may not be able to control our thoughts, but we can prevent our thoughts from controlling us and diminishing our lives. With practice, we can make meaningful improvements that provide an enduring "Mindset Reset."

While each of us always knows what we experience within ourselves, there's no way to know what others are coping with at any given time.

What's true is that we're all prone to rehash about the past, pre-hash about future uncertainties and ruminate about our distorted reality in the present.

Collectively, our tendencies to experience life in the "unpresent" may well be the utmost source of unhappiness. Fortunately, the opposite case is also true. The greatest joys in life only happen when we are intentionally present.

NOTE: *This interactive training is available as a virtual/onsite workshop that can be tailored with exclusive activities from the Z-isms courses.*

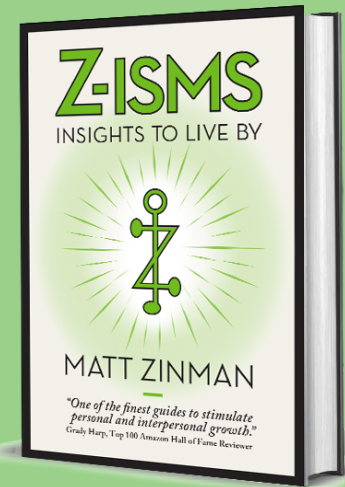


Matt Zinman is a speaker, podcast host and author of the highly acclaimed, "Z-isms: Insights to Live By," which he has since adapted into learn-by-doing activity-centric courses (self-paced, on-demand): the Mindset Reset, WellBeing Reset and Life Upgrade. These programs enable learners to apply the concepts and techniques from Z-isms in their daily lives. Matt's show, "Insights to Live By," features 100+ episodes for guests to share their own life lessons along with solo shows he performs on select topics.

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**

TRAINING TOPICS

- ▶ **3 Pursuits for Happierness®**
- ▶ **3 Filters that Shape Reality**
- ▶ **3 Forces of Distraction**
- ▶ **3 Mindset Reset Life Skills**
- ▶ **3 Facets of an Enriched Life**

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.



MattZinman.com

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