

ENERGY ESCALATORS

Health behaviors to amp up performance



Health, Stress Management, Exercise, Nutrition

Power up your productivity, creativity, and health by learning simple ways to improve performance at work and home.

DO YOU NEED AN ENERGY BOOST?

FORMAT: 45-60 MINUTE KEYNOTE OR UP TO HALF-DAY WORKSHOP.

- ✓ Eliminate **glute amnesia** while increasing creativity and collaboration
- ✓ Remove counterfeit energy and **improve decision-making**
- ✓ Optimize sleep and **employ** stress relievers to Work Well and Play More

This program is perfect for people who:

Want to incorporate healthy behaviors that are simple and effective with maximum impact at work and home.

Play Me



I want to thank you so much for doing such an excellent job with our clients. People were talking about you through the rest of the conference. You were spot on with your presentation and it really resonated with the whole group.



- **Mona Miranda** Director Account Management, Travel Solutions International