

RE-ENERGIZING THE WORKPLACE

Finding Balance For You & Your Team



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As workplace expectations increase – energy levels can sometimes struggle to keep pace – and it has many ramifications. It not only affects morale, productivity and customer satisfaction, it is also takes a personal toll. Everyone knows what it’s like to feel worn-out, tired or bored and some are on the verge of burn-out and defeat. So how do we re-energize ourselves, our teams and our organizations to meet growing demands?

THE CULTURAL CONDITIONS FOR MOTIVATION:

1) Empowerment (self-management skills)

produces serotonin

Don't Obsess

Keep Your Cool

Stay Positive

Be Grateful

Celebrate Often

Stat Healthy

THE FOCUS

This course looks at current scientific research regarding specific behaviors that leaders can practice to build stamina, create enthusiasm and increase motivation to keep themselves and their teams engaged and successful at what they do.

INTRODUCTION

Neuroscience and work conditions:

*A culture where people feel stressed creates **Cortisol**, which results in depression, anxiety & burnout*

*A culture that is uplifting creates **Serotonin, Oxytocin, Dopamine & Endorphins** and leads to high engagement & productivity*

2) Belonging (relationship skills) *produces*

oxytocin

Be Clear

Be Thoughtful

Fix Disagreements

3) Challenge (development skills)

produces dopamine & endorphins

Have goals

Stay Challenged

Encourage Others