



EAST MEETS WEST

FROM BURNOUT TO BRILLIANCE

Your gateway to being less stressed every day

In the pulse of our corporations and healthcare systems, a silent epidemic is gripping our attention and our well-being – burnout. Studies show the profound impacts of burnout in corporate leadership, team dynamics, rising rates of nursing and physician burnout and individual resilience declining across the nation.

Burnout is manifesting through mental and physical exhaustion, heightened anxiety, depression, cynicism and increased turnover. This is a formidable threat to our sustained success, corporate bottom-lines, the quality of healthcare and patient outcomes.

In response, Michelle Anne offers a powerful solution, bridging neuroscientific and Eastern philosophy. Her approach delves into the core causes of stress, unveiling a mind-body blueprint. Validated by Harvard Medical School's insights, this blueprint shows a remarkable 40% reduction in generalized anxiety when using these tools for one month.

This keynote provides you with scientifically validated strategies, proven to reduce stress and lead towards sustained relief and enhanced mental well-being—a path to a calmer, smarter you.

Michelle's solution isn't merely alleviating symptoms; it empathetically validates and instills hope leaving you lighter and wiser.



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YOU WILL LEARN

- ▶ Core causes of burnout and what you can do
- ▶ The mechanisms underlying behavior change in the brain and evidence for its use in business and healthcare settings.
- ▶ The 3 step behavior change process
- ▶ How mindfulness breaks you out of the downward spiral of anxiety and burnout
- ▶ Why fatigue develops and how to get out of the cycle into a more resilient mode of being

The Mind-Body blueprint, is adapted from Harvard Medical School, Herbert Benson Institute's program for Mind-Body Medicine.

"I would recommend this to everyone. The tools and information given about working with anxiety are ancient and cutting edge simultaneously. The program builds life-long teachings that can be used in any part of one's life..."

This is a vital component of anxiety management."

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ORGANIZATIONAL BENEFITS

- ▶ Higher productivity, engagement, focus, and motivation
- ▶ Better health outcomes = lower absenteeism rates
- ▶ Commitment to work, increased collaboration, innovation, and job satisfaction
- ▶ Attraction and retention of top talent, minimizing turnover costs