

# Transformational Health & Success ...for HR Professionals

*Boosting Performance and Engagement. Designed for HR Professionals by HR Professionals.*

**This six-session coaching program takes you to your next level of health & success.  
Join us to help reach your true potential!**



*“Your health is what you make of it. Everything you do and think either adds to the vitality, energy and spirit you possess or takes away from it.”*

*- Ann Wigmore: The Hippocrates Diet and Health Program*

Presented by Tish Conlin: Author, Registered Nutritionist, Black Belt, Certified Emotional Intelligence Coach, and President of Global Consulting Group Inc.

## COURSE SESSION OUTLINES

### SESSION 1: PEAK PERFORMANCE ENERGY

- How nutrition & energy affect team success
- Energy Audit & Energy Schedule: to optimize productivity
- Adopt energy food: boost & maintain energy all day
- Be Invincible! Improve immunity, organs, blood flow
- Weight Management: Diet plans, reduction, and recipes
- HR Lesson: Plan your day - pace your energy
- 5 Energy boosting tips for team production
- Tougher challenges: fatigue, cravings, weight
- The book: Food Rules, An Eaters Manual (M. Pollan)
- Review: HR Hand-outs, Your Q & A

### SESSION 2: MOVEMENT IS POWER

- Get confidence-boosting food into a regular diet
- Confidence killing moves that effect relationships
- Rebuilding co-worker cohesiveness after dispute
- HR Lesson: Is sitting the new smoking?
- Increase confidence: Lead more effectively, consistently
- Structure your day to increase movement & confidence
- 7 Tips: An Exercise Lifestyle - boost motivation & poise
- The book: 'Born to Run... Superathletes...' (McDougall)
- Review: HR Hand-outs, Your Q & A



### SESSION 3: BE A STRESS MANAGEMENT GURU

- Foods that lower stress & support related organs
- *Stressed Out !!!* Foods to avoid
- HR Lesson - Less stress → better relationships
- 6 Tips for overcoming anxiety and reducing stress
- The book: 'Stress Management...' (Charlesworth, Nathan)
- Review: HR Hand-outs, Your Q & A

### SESSION 4: FOCUS - GETTING IN THE ZONE

- Foods that boost concentration, memory & intelligence
- Foods that contribute to foggy thinking
- HR Lesson: Productivity and Success with better focus
- 5 Tips to achieve work goals & avoid distractions
- The book: 'Focus... the driver of excellence' (D. Goleman)
- Review: HR Hand-outs, Your Q & A

### SESSION 5: MASTER COMMUNICATOR

- Foods that boost and regulate your mood
- HR Lesson: Emotional Intelligence & Team Building
- Getting to Yes, with difficult people
- 7 Tips for overcoming self-doubt and work slumps
- The Book: 'Emotional Intelligence/Sales Success' (Stanley)
- Review: HR Hand-outs, Your Q & A

### SESSION 6: AUTHENTIC LEADERSHIP

- Foods to boost your charisma & regulate hormones
- HR Lesson: Draw people to you...positively!
- Create leaders at all levels in your organization
- 7 Tips for daily authenticity, engagement & passion
- The Book: '...Engaging the Magic' (M. Dooley)
- Review: HR Hand-outs, Your Q & A

**Join us today!**

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