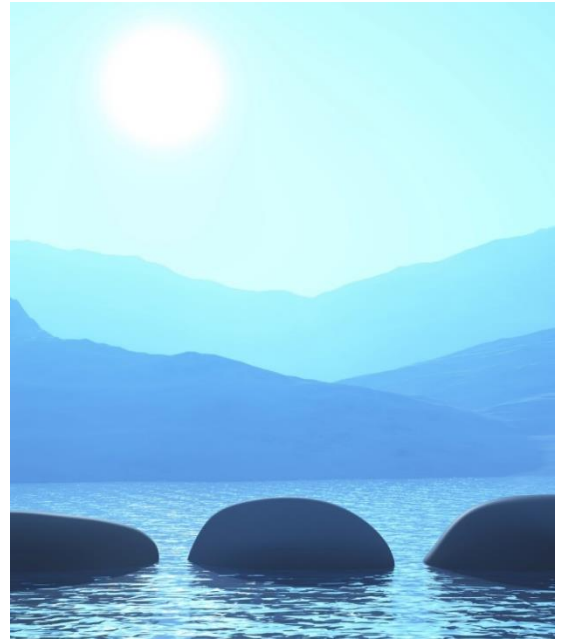


Maintaining Your Well-Being During Challenging Times: Rituals, Habits and Tips

You will leave this program with specific tools and strategies for managing your well-being daily. Eva will share rituals, habits and tips for you to choose from so you can manage stress and focus on things that you do have control over.



This workshop will provide you with:

- Specific ideas for creating a morning and evening ritual that will help you to start and end each day right.
- Ways to train your mind to find all the good stuff that is there already, even in challenging times.
- An understanding of your primary needs and how they drive you.
- Specific actions you can take to feel more in control in uncertain times.
- Insight into how scarcity, fear and competition affect your life.
- Self-care habits that will fuel you so that you can be more focused and productive.
- Four primary “foods” to keep yourself energized and “well-fed.”
- Tips for keeping yourself positive and grateful.

Eva Wisnik launched Wisnik Career Enterprises in 1996 to help law firms find and train their talent. Over the past 25 years, she has worked with more than 120 law firms, including more than 80 of the AmLaw firms, where she has placed over 800 professionals and conducted more than 700 training programs. Eva holds an MBA in Marketing from Fordham University and a BA in Psychology from Barnard College. She is certified in the Myers-Briggs Type Indicator and Covey Time Management System and has completed 260 hours of Tony Robbins Coaching. Eva is currently enrolled in the Institute for Integrative Nutrition Health Coaching Certificate Program. Her goal is to share her learnings with others so they can lead the most successful and fulfilling lives possible.