

How to Make Time for Your Well-being

During this workshop participants will:

- Complete a self-assessment to gain insight into whether they are a Prover or Succeder. Provers are driven by a fear of failure and other negative motivators and spend a great deal of time worrying
- Identify the source of their Worry-Time™ including: procrastination, perfectionism, future tripping, self-generated distractions, etc.
- Learn which proactive activities will help them feel more in control.
- Understand how to manage their mindset so they reduce how frequently they are triggered into Worry-Time™
- Learn specific techniques to conquer their negativity bias and develop a positivity focus
- Create daily well-being habits to fuel focus, productivity, and inner sense of peace

This 60-minute virtual or in-person training will provide your attorneys and business services professionals with actionable tools to feel more in control and less stressed. They will learn how to establish daily well-being habits that fuel focus and productivity.

Our brains are wired for survival and easily default to a negativity bias. This, coupled with the uncertainty we have all experienced in recent times, leads to anxiety and time spent worrying. This training will teach your attorneys how to trade Worry-Time™ for well-being time.

This workshop provides high achievers with an assessment to identify the source of their Worry-Time™, as well as daily well-being practices that will enable them to build the reserves they need to handle challenges. They will leave knowing how to take proactive ownership over their well-being.

"Eva's presentation is perfect for professionals seeking to improve time management skills and well-being habits. Participants walked away with valuable insights and practical steps to take into their professional and personal lives."

