

How to Make Time for Your Well-being

During this workshop participants will:

- Identify the sources of their Worry-Time™, including procrastination, perfectionism, future tripping, or self-generated distractions.
- Learn which proactive activities will help them feel more in control.
- Learn mindset management techniques to conquer their negativity bias and develop a positivity focus
- Create daily well-being habits to fuel focus and productivity

This 60-minute virtual or in-person training equips attorneys and business services professionals with practical tools to feel more in control, focused, and resilient. Participants will learn how to build daily well-being habits that support sustained productivity and focus.

Because we are wired with a natural negativity bias, uncertainty often leads to excessive worrying and mental overload. This program helps participants recognize that pattern and intentionally shift from unproductive Worry-Time™ to practices that support well-being.

Designed for high achievers, the workshop includes a brief assessment to identify individual sources of Worry-Time™, along with concrete strategies to build the mental and emotional reserves needed to manage challenges. Participants leave with a clear framework for taking proactive ownership of 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."

