

COLETTE CARLSON

Professional Speaker & Human Behavior Expert

"The team raved about the keynote presentation from Colette at our Annual Celebration of Employees. The response to her presentation was "best speaker we have had," "entertaining and engaging," "that was exactly the message I needed to hear." Overall feedback was on how timely her message was and how much it resonated with the entire team. We are so very fortunate to have had Colette at our event. Based on the response, I would not hesitate to recommend her to any audience!

- Sr Vice President, Talent & Culture, Mission Federal Credit Union

WORKPLACE WELLNESS

STRATEGIES TO BUILD RESILIENCE, BEAT BURNOUT & ACCELERATE PERFORMANCE

Given the volume of change, uncertainty, and relentless pressure in today's modern workplace, it's time to take employee health seriously.

We need to grow beyond the outdated concept of work-life balance, or that self-care is a day off or a bubble bath. More importantly, we must move past the belief that exhaustion is a requirement of success.

The digital environment collapsed the boundaries between work and home, leaving people juggling opposing demands for time, energy, and attention – while others experience isolation and disconnection. And levels of stress and burnout for every title and role are only intensifying.

Without the strategies and support to manage these situations and emotions, even the most-resilient individuals can experience chronic stress, anxiety, or burnout. When left untreated, these feelings impact motivation, engagement, and productivity.

In this program, Colette shares practical, powerful, science-based strategies to remain resilient, create a healthier workplace; and accelerate performance during the most challenging of circumstances. Attendees will learn how to:

- Control the controllables to preempt worry, stress, and emotional exhaustion
- Implement science-backed steps to master your mindset, increasing mental toughness and emotional regulation
- Reprioritize well-being. The relationship you have with yourself, and how you take care of yourself, affects all your relationships and your work.
- Create healthy boundaries through intentional rituals to stay focused, present, and productive
- Ask for and create the support you need to perform at your best and improve your quality of life



"I saw Colette speak about managing stress and immediately recommended her to my entire organization given her entertaining and informative style. Her high-energy enthusiasm, scientific background, and care for people make Colette shine and enthrall her audience. My organization loved the practicality and diversity of Colette's suggestions; there is truly something for everyone in her presentation. I cannot recommend Colette enough!

-Director, Employee Experience, A&W



Connect with us today to learn how Colette can bring laughter, learning and value to your attendees! 704-965-2339 or info@colettecarlson.com