

Happiness Is Courage, Inc.

Our Vision: A World
Where Workplace
Happiness & Employee
Well-Being are Core
Values of Businesses
Everywhere.

Our Mission: Transform the
modern workplace for
businesses around the globe
by translating the science of
engagement, well-being and
happiness into actionable
strategies. Leverage the
power of happiness to
improve your organization's
performance and culture for
Radically Positive Results!

Happiness Is Courage, Inc.

9983 Waterside Drive, Noblesville, IN 46060

[Recipient Name]
[Address]
[City, ST ZIP Code]

Resilience & Stress Management

A Workshop for
High Performing
Teams

(... and those who aren't, yet!)

*Happiness
is
Courage*
RADICALLY POSITIVE RESULTS



“There cannot be a stressful crisis next week. My schedule is already full.”

Henry Kissinger’s words continue to resonate with leaders and team members across the globe.

Stress, burn-out and loss of engagement cost companies hundreds of billions of dollars each year in lost productivity, absenteeism and beyond.

While we cannot prevent stressful situations, we can change the way we react to those situations and mitigate the effects on our companies and ourselves.

“It is not stress that kills us, it is our reaction to it.” – Hans Selye

Workplace stress impacts us all, sometimes in ways we don’t even recognize. This workshop explores individual and organizational challenges that stand between us and our ability to be more resilient, react nimbly in our industries and our roles, and enjoy improved work-life balance, while performing at our personal and professional best.

Workshop Outline

Attendees will leave with a greater awareness of how stress manifests in our lives and a personalized stress management plan that includes easy, data-backed, instant resilience-boosting techniques that can be used anywhere by anyone!

Materials provided:

Participant Workbook
(emailed in advance if virtual, or provided on-site)

Duration:

50 minutes + 10 min for Q&A (per session)

Attendee limit:

Option for multiple sessions to accommodate schedules, shifts, etc.

- Virtual/Webinar: 500 per session
- In-person: 45 people per session

Technical Requirements:

All Events:

Smart phone, tablet, or laptop (all attendees)
Wi-Fi Access

In-Person Events:

Projector with USB or laptop connection*

(*Can be provided if not available on site)



Deliverables

Within two (2) weeks of the end of the workshop, you will receive:

After Action Report: A summary report of team-specific challenges, current stress levels, and organizationally specific pain points as highlighted by participants.

Customized Action Plan based on the specific issues highlighted by participants including best practices and recommendations for continuing the journey of fostering resilience and employee well-being.

Confidentiality:

We respect the privacy of all workshop participants and ensure that no personal or legally protected information is gathered or included in this report or stored by our organization. We value psychological safety as a core value and this approach allows greater transparency from participants on challenging topics, allowing us to get to real solutions and provide *Radically Positive Results!*

Contact Us

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