

Workplace Wellness

It is more cost-effective to keep employees healthy and productive than to replace them.

Presentations Include:

Banish Burnout: Move from Stress to Success™

This interactive program teaches strategies for handling stress in a healthy way.

- Recognize signs of burnout so you can head it off.
- Learn three powerful strategies for managing stress for life
- Set healthy boundaries at work, to prevent burnout

Out of the Box Wellness: Innovations in Workplace Wellness™

Engagement in wellness requires creating corporate culture around Health and Wellness, which includes more than the physical. This program delves deeply into how to create a powerful and vibrant wellness offering.

- Design a Workplace Web of Wellness™ using a comprehensive Champion program and impactful communication strategies
- Enhance employee engagement through engaging leadership
- Develop a customized wellness program: one size does not fit all

Innovations in Leadership: Emotional Intelligence for Managers

Over 70% of employees are dissatisfied with their managers & are seeking new employment on company time. We will examine latest trends in employee engagement, including emotional intelligence, employee recognition & appreciation.

- How to engage employees with empathetic manager coaching
- How to train managers to be emotionally intelligent to inspire loyalty & retention
- How to coach managers to reduce burnout and stress.

Fit for Life™

- Uncover ways to sneak fitness into the busy lifestyle &
- Inspire long lasting intrinsic motivation for fitness

Clients Include: *MN State SHRM, CAL SAE, WellRight, Coral Reef Alliance, San Mateo Union HSD, SHRM NorCal, NCHRA, First Republic Bank, Robert Half, Cities of Walnut Creek & Sunnyvale, U.S. HHS*

What Audiences Are Saying ...

Janice was able to get tremendous energy in the room. She had people brainstorming wellness ideas, especially the use of wellness champions. I highly recommend Janice for your next event.

Wendy Hanson, Co-Founder, Better Manager

Janice is energetic, engaging and entertaining. She uses stories that we can relate to, and she shows us that it's easy to fit physical activity into our daily lives.

U.S. Department of Health and Human Services

Janice gave us a lot of actionable ideas that we can take back to our companies and use immediately. She incorporates a lot of knowledge, and is engaging and entertaining at the same time.

Ginger.io, Chief People Officer



Janice Litvin

Speaker, Facilitator, Author

- **Workplace Wellness**
- **Stress / Burnout**
- **Weight Loss**
- **Fitness**

In her 20 years as a technology recruiter in Silicon Valley, Janice Litvin helped companies find the best talent at all levels. Now she supports those companies in retaining and engaging their employees with the latest leadership and wellness strategies, and helps ensure those employees show up every day healthy, happy and ready to work.

Janice consults with companies to maximize their employee engagement through research-driven strategies, inspiring audiences to take control of their physical and mental health through unique behavior change approaches, and her experiences **overcoming her own obstacles.**

Janice is a Weight Watcher Wellness Facilitator & AFAA-certified Zumba Fitness Instructor (Athletics & Fitness Assoc. of America).

She is a member of WELCOA, , SHRM, & National Speakers Association.

Call Janice today for a free initial conversation to help get your organization engaged and well!

Janice Litvin

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