

# Workplace Wellness

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



## Janice Litvin

**Speaker, Facilitator, Author**

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

Janice Litvin works with organizations who want to ensure their employees show up every day healthy, happy, & ready to work. As an award-winning speaker, she is on a mission to help as many people as possible take care of their physical and mental health, including learning to manage stress to prevent burnout and fall in love with fitness.

She inspires audiences to change their lives through unique strategies & a stress management methodology she developed & documented in her workbook, **Banish Burnout Toolkit™**.

What makes Janice unique is that she has overcome all of the challenges she talks about. She is an AFAA-certified Zumba Fitness Instructor (Athletics & Fitness Assoc. of America) & coaches stress management and weight loss groups.

She is certified by the Aerobics and Fitness Association of America & is a member of WELCOA, SHRM, & serves National Speakers Association, as VP Programs.

**Presentations Delivered as Keynote, Workshop, or Virtual**

### **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.

**Banish Burnout Toolkit™ workbooks provided for each participant.**

### **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 vibrant and engaging wellness offering.

- Design a wellness program using a comprehensive champion network 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 stress and burnout in their team.

### **Fit for Life™**

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

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

### **What Audiences Are Saying ...**

*Janice presented her "Banish Burnout: How to Move from Stress to Success" to our WellRight customers and prospects. She inspired our audience with her insights from personal experience and cognitive behavior therapy methodologies. Our audience was super engaged! We're looking forward to working with you again.*

**Lynn Zimmerman, VP Marketing, WellRight**

*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 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**

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

Janice Litvin  
415.518.2202

Janice@JaniceLitvin.com  
www.JaniceLitvin.com

