

Why HR Leaders Book This Session

- ✓ Supports employee mental health and well-being
- ✓ Reduces burnout, presenteeism, absenteeism, and workplace accidents
- ✓ Builds a culture of trust and care — that lasts BEYOND the holiday season

“The Holiday Hustle”

Beat Holiday Stress, Protect Your Sanity, Thrive This Season And Beyond

Workshop or Keynote

(Offered In-Person or Virtual)



Shawn Brogan Diddy MA, CHC
Emotional Literacy Researcher
Management PhD Candidate

What Attendees Will Learn

- ■ Spot holiday marketing tactics (like scarcity, FOMO, 'love-bombing') – and why this matters
- ■ Understand why stress and grief spike around the holidays— and how it affects decisions
- ■ Gain practical research-backed strategies to set boundaries, reduce burnout, spend time and financial resources mindfully
- ■ Simple mind-body and movement exercises, great for any fitness level, to incorporate in times of stress and for general wellness

Why This Matters

The holiday season can create a **perfect storm**: peak personal stress, peak financial stress, and peak vulnerability. Employees often feel pulled in several directions, leaving them more susceptible to burnout, financial strain, and emotional overwhelm.

This engaging **interactive session** gives your team practical tools to stay grounded, protect their focus, and make clear choices – even in the busiest time of the year.

Bring This To Your Team

■ Book Shawn Diddy, MA, CHC, PhD Candidate

Give your employees the tools to **thrive** — **not just survive** this holiday season.

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