

# VIVID CONSULTING WORKSHOPS

## Managing Stress

Prolonged exposure to stress increases risk of burnout, contributing to mental and physical health challenges and poor work performance. This workshop helps participants understand stress and discusses practical strategies for reducing its impact.

Available as:

- 30-min Demo
- One-hour Workshop
- Two-hour Workshop

## Leveraging Mindfulness

Research shows that a mindfulness practice can be used to help manage stress and improve experiences of mental & physical health. This workshop introduces mindfulness concepts and provides skills that participants can use to mitigate the impact of stress in their lives.

Available as:

- 30-min Demo
- One-hour Workshop
- 90-min Workshop

## Being Well

This workshop includes lecture for understanding stress and its impact on the mind and body, introduces several wellness skills, and explores how participants can create a wellness plan for themselves in the workplace and beyond.

Available as:

- Half-Day Workshop