

# Morning Zen

## Workshop

by *Adrian Gonzalez*



**Morning Zen** is a new noun, defined by the following question:

What are the **positive habits** we perform in our mornings before our workday begins, in order to **grow and thrive**?

**DEFINITION**




# Morning Zen Workshop

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Morning Zen Workshop is an interactive seminar that empowers employees to construct their own ultimate morning routine based on proven habits, resulting in reduced stress, increased productivity, and improved well-being.

Led by Adrian Gonzalez, author, and founder, this engaging and immersive learning experience fosters a more focused and motivated team, with sense of purpose, increased work-life integration, and job satisfaction.



# BIO

Adrian Gonzalez is an international author, entrepreneur, and life coach specializing in workplace well-being. After co-founding several businesses, Adrian embarked on extensive research and development to cultivate a set of skills, habits, and disciplines that counteract stress, promote emotional balance, and shift towards a goal-focused mindset.

Having worked first-hand in busy, high-pressure businesses, IT, and marketing careers, Adrian is leaving a mark on this world by spreading the importance of fostering effective habits that ensure a healthier and happier professional and personal life.

His Morning Zen routine had helped managers, CEOs, and business leaders to increase their motivation, achieve balance, and embrace a new meaning of success.

*Adrian Gonzalez*

Author & Founder  
Morning Zen



# Employee

- **Greater Sense of Purpose:** This workshop will help the employee to identify their values and goals, leading to a greater sense of purpose and fulfillment in both work and life.
- **Improved Self-Care:** By prioritizing the well-being and positive habits, employees will develop better self-care practices, leading to improved overall health and energized morning.
- **Improved Job Satisfaction:** Employees will feel more fulfilled and satisfied in their work, developing a sense of ownership, leading to company loyalty, and improved and higher motivation.

# Company

- **Reduced Stress Levels:** These workshops will provide tools and techniques to better manage stress, resulting in reduced stress levels and well-being.
- **Enhanced Productivity:** Encouraging positive morning habits to help employees to start their day with more focus and energy, resulting in increased productivity and better performance at work.
- **Improved Teamwork:** By fostering a positive and supportive work environment, this workshop will help to build stronger relationships between colleagues and enhance teamwork.

## Benefits from this Workshop

# Agenda

## 1<sup>st</sup> Hour

- Introducing the importance of habits
- How to stack positive habits
- Create your morning pillars
- Groups interaction
- Break

## 2<sup>nd</sup> Hour

- Pursue your goals with the organization
- Building your Morning Zen
- Groups Interaction
- Benefits & best practices
- Q&A

- *Agenda may change depending on customer's objectives or best suitable content.*

# Adrian Gonzalez in the media as a well-being expert:

- [International Media](#)
- [Press Release](#)



IRISH TECH NEWS





# MORNING ZEN

EMPOWER YOUR LIFE  
BY TRANSFORMING YOUR MORNIN

ADRIAN GONZALEZ



## Thank You



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