# Morning Zen

Workshop

by Adrian Gonzalez



# Morning Zen is a <u>new noun</u>, 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 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.

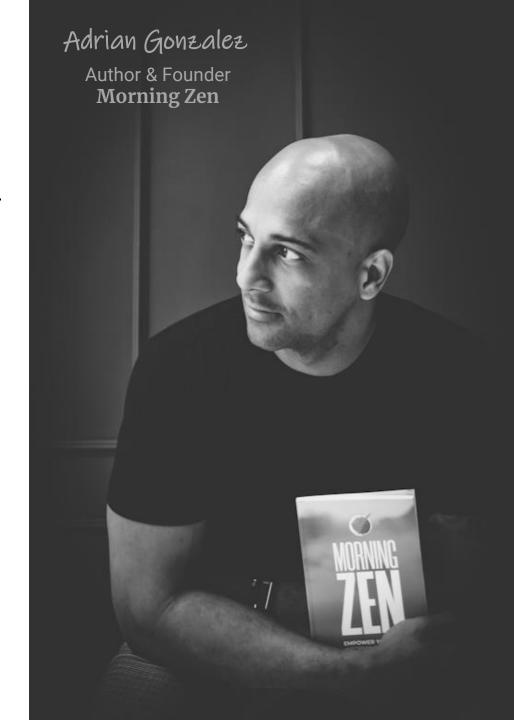
Led by Adrian Gonzalez, author, and founder, this engaging and immersive learning experience fosters a more focused and motivated team, with sense of purpose, increased work-life integration, and job satisfaction.

#### **BIO**

Adrian Gonzalez is an international author, entrepreneur, and life coach specializing in workplace well-being. After cofounding 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.



#### 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







**Belfast Telegraph** 







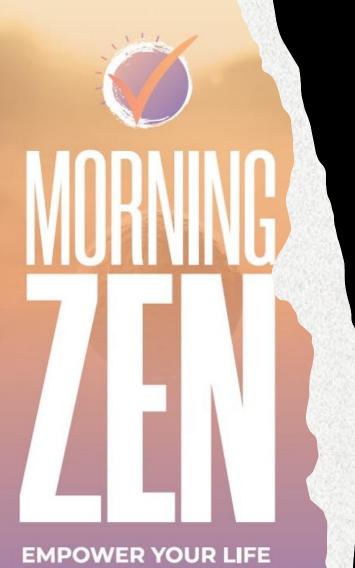












Thank You



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BY TRANSFORMING YOUR MORNIN

**ADRIAN GONZALEZ**