



## Management and Employee Mindsets Impact The Bottom Line

Addressing the root cause of systemic problems always produces superior results. That is why scientists are finding so many benefits from increasing positivity and optimism. The lack of those traits is the root cause of everything from stress, depressed immune function, relationship difficulties, lessened cognitive and creative abilities, anger, crime, drug and alcohol addiction, about 50% of the heart disease cases and much more.

While we worry and fret about seemingly huge problems we often ignore the larger solution. Health care expenses, absenteeism, and turnover are big issues. But consider, for a moment, the difference one great idea can make to a company. If earnings increase substantially from a well-executed idea, the concerns about high health care expenses become moot.

What if a solution addressed all the issues—health care, absenteeism, turnover, wasted productivity on conflicts, and greatly increased the potential for great ideas? Increasing positivity and optimism does all that and more!

## Programs Address Many Workplace Issues Including:

### Reduce/Decrease:

- Bullying
- Crime
- Absenteeism
- Turnover
- Smoking
- Stress and anger
- Alcohol & Drug use
- Workplace conflicts
- Impact of peer pressure
- Racism

### Increase/Improve:

- Resilience
- Cognitive Ability
- Emotional Intelligence (EQ)
- Health/Immune Function
- Positivity and Optimism
- Success
- Self-Motivation
- Self-Mastery
- Relationships
- Cooperation
- Self-Esteem
- Trust

## Program Dates & Locations

Courses will be scheduled at the request of groups and designed to fulfill their specific needs and desires. Our programs provide a way to enhance existing wellness programs or as stand alone programs. The beneficial results reach far beyond wellness goals, including employee engagement.

