



SABINAVITACCA

YOUR *Mind* IS AN UMBRELLA

Protect your time and energy to drive productivity and performance.

We are still in this. Our people are still living in a world of disconnect. Change fatigued, overwhelmed, stressed, unable to make decisions and be effective leaders.

The solution to building an engaged, productive, high performing team, who can weather the changing climate, is resilience.

If you don't give your leaders the right tools and techniques to manage themselves and their teams, you are leaving money on the table.

Science says that when we operate from the front part of our brain it drives executive decision making.

But when stressed and overwhelmed the primal part of our brain (responsible for keeping us safe - that fight or flight reaction) kicks in.

As a result, the front part of our brain is impaired, which leads to indecision, poor choices, lethargy, indifference – all of which affect productivity, engagement, retention and, ultimately, profitability.

So how do we weather the storm? By activating the right part of our brains and influencing these thoughts, behaviours and actions we can learn to RESET and REFRESH - empowering your people to focus, make robust decisions, build, develop and lead a productive workforce and boost your bottom line. And who doesn't want that?

SABINA VITACCA'S KEYNOTE WILL DRIVE REAL WORLD CHANGE IN YOUR ORGANISATION.

NOT ONLY IS THIS KEYNOTE ENGAGING IT PROVIDES PRACTICAL TOOLS TO HELP YOUR WORKFORCE DELIVER IN A MORE SUSTAINABLE AND PRODUCTIVE WAY.

When Mindfulness practices are implemented as a tool in organisations, they can lead to:

- An extra 62 minutes of productivity per employee, per week;
- Reduce sick leave, absenteeism, presenteeism; and
- A reported drop of up to 7.3% in medical claims, amounting to \$9 million in savings.



+61 (0)429 900 017

sabina@sabinavitacca.com

sabinamindfulnessconsultant