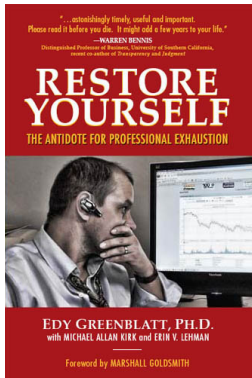


RESTORE YOURSELF™ WORKSHOP



The ideas, frameworks, and tools shared in this class are all based on best practices in organizational behavior and personal growth developed over the past 14 years through Dr. Greenblatt's academic research at Harvard and on-site observation and consultation at numerous Fortune 500 companies.

The ideas herein are published in *Restore Yourself! The Antidote to Professional Exhaustion* (Greenblatt et. al, 2009) available with this class and via Amazon.com. Declared the Best Careers Book of 2009 at the Indie Book Awards, *Restore Yourself* also was named one of the top ten Business Books in this year's Indie Book Awards competition.

COURSE OVERVIEW

The results of great organizational strategies and tactics often remain unrealized because committed employees lack the energy to do what they know they should do, day in and day out. This *Restore Yourself Workshop™* provides the tools to help everyone recognize exactly which circumstances, interactions, and tasks drain their energy—and, what to do to remedy their chronic depletion and become reinvigorated. Dr. Greenblatt explains in her compelling book, *Restore Yourself! The Antidote to Professional Exhaustion*, “Many people feel like unwilling participants trapped in a lose-lose game of overwork and fatigue. Some feel they've traded financial security and social comfort for chronic exhaustion. Others feel that they have unknowingly signed up to be a responsible, yet miserable worker- or manager-drone. There are also those who pretend that it is okay to exhaust yourself in the name of caring for others while ignoring the reality that if *you* collapse, everyone will lose.”

This workshop uses the research-based framework called Personal Resource Management Assessment™ to help you develop customized, actionable solutions to increase your productivity, job satisfaction, morale and overall effectiveness. This workshop teaches leaders to manage in ways that help colleagues remain resilient through challenging times and under changing conditions. There may never have been a more important moment for businesses to invest in the vibrancy and adaptability of their leaders.

COURSE OUTLINE

- Work/life balance vs. Personal Resource Management™ (PRM)
- Busting the Work/Life Balance Myth
- The Two Agreements of Personal Resource Management
- Harnessing Your Personal Resources
- Restoration, depletion and resilience
- The Three Musketeers of Resilience
- The Four Reliable Restorers
- Avoiding Sneaky Depleters
- Assessment & Action Planning
- Personal Resource Management Assessment™
- Strategic Sequencing
- Personal Action and Coaching Plan

WHAT WILL I LEARN?

- How to reduce stress and increase energy levels
- Learn techniques to manage out “depleters” of energy, and build in “restorers” while working
- Increase satisfaction, productivity and motivation while increasing performance
- Create a Personal Resource Management action plan based on new personal knowledge and mastery
- How to build energy and inspiration during crisis times and sustain energy in day to day work

WHO SHOULD ATTEND?

Executives, senior executives, high potential leaders, managers and supervisors, those in new or changing professional roles, and other key personnel along with highly-motivated general staff

COURSE DURATION

2 to 4 hours, depending on group size and goals

CLASS SIZE

Minimum 5, Maximum 1000 – Course format easily accommodates various physical and temporal constraints.



RESTORE YOURSELF™ WORKSHOP

Throughout the workshop, Dr. Greenblatt and her colleagues expose the common misconceptions about our energy levels, including the myths of work-life balance and the strategic use of Personal Resource Management. In this workshop, we confront the flawed belief that we do not have time to get the rest and restoration we need without quitting our jobs, getting a divorce or moving to Costa Rica. Greenblatt helps participants diagnose precisely which work activities can be extremely energizing for them and the conditions under which non-work activities can be draining and definitely *not* restorative. At the end of this workshop you will know how to remain resilient in the face of common sneaky depleters, how to build strategic restoration into a work day, how to successfully diagnose and remedy resource losses as they occur. Each participant leaves with an action plan in hand to start making impactful changes immediately.



EDY GREENBLATT, PH.D. is an author, entertainer, motivational speaker, executive coach, entrepreneur, management consultant and scholar. She is managing director of Execu-Care Coaching and Consulting and a senior consultant with Mobius Executive Leadership. Dr. Greenblatt has worked as an Organization Practice Specialist with McKinsey &

Company and Assistant Professor at the Center for Effective Organizations at the University of Southern California in addition to having had successful careers as a dance ethnologist, television and radio talk show host, performing artist and a circus peanut vendor. Edy is the author of numerous books and articles including here most recent book *Restore Yourself!: The Antidote for Professional Exhaustion*.

Dr. Greenblatt earned her Ph.D. in the joint program in Organizational Behavior at Harvard University and Harvard Business School. She has worked with numerous Fortune 500 companies, entrepreneurial ventures, and individuals on leadership, team effectiveness, communications, women's issues, performance improvement and executive coaching engagements worldwide. Edy currently lives on a sustainable organic farm in Sussex County, New Jersey. In her free time she still dances, flies on the trapeze, swims and sleeps.

PRAISE FOR RESTORE YOURSELF, THE BOOK AND THE WORKSHOP:

"...astonishingly timely, useful and important. Please attend this workshop before you die. It might add a few years to your life."

Professor Warren Bennis
Leadership Guru, Distinguished Professor of Business, University of S. California, best selling author of *On Becoming A Leader*

"A much-needed primer on living in the age of perpetual depletion. In today's environment, organizations, groups and teams feed off the individual like ant colonies live off the bodily resources of individual ants and the illusion that work happens only in the cognitive realm of the mind has become the unquestioned major premise. The worker's whole being - mind and body - need to be brought, together, to the light of consciousness. This is what Dr. Greenblatt accomplishes, with characteristic authenticity, wit and savoir-faire. Attend Restore Yourself to DO differently - and attend it to SEE differently."

Michnea Moldoveanu
Professor and Director, Desautels Centre for Integrative Thinking, University of Toronto & CTO of Redline Communications Group, Inc.

"Make a moment to enjoy this material and learn from it the great secrets to a life free from professional exhaustion."

Marshall Goldsmith
Executive Coaching Guru and New York Times' best selling author of *What Got You Here Won't Get You There*

