



From overwhelmed to flourishing - How to leverage your different “brains” to thrive

Stress is part of our life, how to keep it under control? We will work on the understanding of what happen to our multiple brains when we are overwhelmed and the implications for our working life. How to recognize the overwhelmed state in time. We will present the seven steps to thrive. The workshop will be delivered in a dynamic and participative way - using real-life examples and concrete participants' situations.

Purpose:

Through the comprehension of the concept of stress and our physiological rhythms, participants will be able to apply practical daily routines in their lives toward a healthier life style.

Objective:

- Learn how the different “brains” contribute to the feeling of being overwhelmed.
- Understand the implications of being overwhelmed to both your health and well-being.
- Understand how to quickly recognize when you are overwhelmed and what to do about it.

In this workshop we will focus on:

- How the different “brains” contribute to the feeling of being overwhelmed.
- The impacts of stress on emotions and the physical body.
- How to recognize your internal rhythms and use them to your advantage.
- The seven steps to flourishing and thriving:
 - Understanding the key driver of anxiety.
 - Self-awareness and acceptance.
 - The energy balance chart to leverage our own effectiveness.
 - The ABC model of A. Ellis. Let's rewrite our story.
 - Following our inner physiological rhythms.
 - Why we should take control of our multitasking approach.
 - The PERMA program for a healthy life.

Facilitator/Coach: Dr. Carlos Davidovich MD.