

Keynotes and Workshops

Engaging Employees with Chronic Health Conditions

A program of wellness leadership for managers, human resources professionals and executives

Government statistics show that one in three working-aged adults have a chronic illness and that number is expected to rise dramatically. The question is not *should* we adapt to a chronically ill workforce but *how*?

Available as either a keynote or training workshop, Jason's interactive program reveals how our outdated views of illness cost organizations billions of dollars in lost productivity. Participants will learn about the new paradigm of illness, and examine ways to reduce stigma and presenteeism. Participants will also come away with five simple, but powerful action items to engage employees with chronic health challenges and increase productivity and engagement.

Energy Management for Optimum Performance

An ideal workshop to improve personal productivity and reduce unhealthy stress

Originally designed for people suffering from reduced physical energy, this workshop can benefit anyone who wants to get more out of their day while balancing their personal needs. A growing body of research suggests that managing our energy is as important as managing our time. The amount of time we have is fixed, but the amount of energy we bring to a task is highly variable. Understanding how to maximize and even create more physical and mental energy is now seen as the secret to high performance and creativity.

Participants will learn:

- How modern technology affects alertness and creativity
- How properly balancing physical, emotional, mental and spiritual needs increases energy and performance
- Why proper stress and recovery cycles are important to creative thought, and how to incorporate good recovery habits into a busy schedule

Add Value to Your Workplace by Inspiring Yourself

This motivational program can be delivered as a keynote or workshop

People who suffer from chronic illness are often tempted to conserve energy and avoid risk, particularly at work. However, there are times when that work promotion, new project or personal challenge is just what is needed to add energy and vitality to their lives and add value for their employer.

In this presentation Jason reveals:

- Why providing value is important in work and in life
- How providing value can boost confidence and restore energy
- How adding value to other areas of your life can positively affect your work
- How to get more done and bring out your most valuable talents using five simple steps.

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