

Catching Your Second Wind – Improving Workplace Experience and Performance

Learning Objectives

Identify the connection between Catching Your Second Wind and Improving Workplace Experience and Performance through:

- Identify new ways and reasons to connect with our colleagues
- Identify and integrate your personal and professional passions into your work and personal lives
- Develop S.M.A.R.T. goals
- Treat our colleagues and clients like family
- The importance of having FUN at work and in life
- Assist our clients to implement these same ideas in their own lives