

## Generation "O" Marketing

In partnership with



is proud to bring our Employee Development services to you



Leader of the Employee Development Workshop is Violet Igochnikov, successful lecturer, keynote speaker and author

Whether you need to motivate your employees, need a workshop, or in a need of a keynote speaker we can assist you!

### One Year Later

[violet@one-yearlater.com](mailto:violet@one-yearlater.com)  
[www.one-yearlater.com](http://www.one-yearlater.com)  
Phone: 949 444-1289

### Generation "O" Marketing

[mercedes@generationOmarketing.com](mailto:mercedes@generationOmarketing.com)  
[www.GenerationOmarketing.com](http://www.GenerationOmarketing.com)  
Phone: 949 945-7862

# Employee Development

The success of a company relies on the performance of its individual employees. In today's uncertain business world, negative beliefs paralyze these key assets. This leaves employees feeling powerless to succeed and puts businesses at further risk. But changing this unproductive – and unhealthy – way of thinking takes just a few short hours.

### Leading with Mental Fitness

It is more than a workshop. It is a journey that puts employees on the right path. Ideal for up to 50 Employees.

### Participants will learn:

- Why they are plagued with negative feelings
- How to cultivate a successful mind and practice keeping the mind on its new health path
- Get a complete mental fitness self-assessment for personal discovery
- Details on the basic principles of a successful mind versus a cluttered mind
- A three step mental fitness model participants can use long after to drive individual success

### The Value:

Participants gain key skills that help them achieve team goals through inspired individual actions. Attendees leave educated, motivated and prepared for success.

### Participants will take away:

- The knowledge of the one thing needed to get desired results
- An ability to recognize signs that they are "off track"
- Simple and useful tools to break unproductive patterns of thoughts

