

# KAREN ROSS

SPEAKER - TRAINER - COACH



## Wellness + Performance at Work

### Seminars + Keynote Presentations

Athletes know well the connection between their mental state and their performance, the importance of correctly fuelling the body, and how to deal with the pressure of competition. It's time for the business world to apply this wisdom too.

Designed for executives and staff, Karen's wellness and performance seminars are geared to help business people like you understand how you can really feel in the driver's seat – to enhance performance and get more satisfaction at work.

Karen comes at the topic of wellness and performance well beyond simply looking at people's behaviours and habits, but also from the point of view of our beliefs and perceptions about stress and wellness. She shares some of the science of stress and why it is NOT a performance state, as well as powerful, practical tools to help you be both brilliant at work and happy in life.

Karen's workshops are delivered with her charming signature blend of the astute, informative and practical.



## PRAISE

"I found the workshop to be extremely uplifting and insightful! It gave a different perspective on stress/pressures and ways to cope with them internally to minimise the impact. A very worthwhile course and would definitely recommend to others!

*Mel Shaw, Senior Tax Consultant, KPMG*

While there are a number of providers on the topic of Wellness, we have enjoyed the way you combine information and tips with key information on the way things affect our bodies' processes chemically, physically and mentally. Having this information really helps people to understand compelling reasons for making positive wellness changes to attain peak performance...

You always are able to adapt your material into brief, informative sessions that hit the mark.

*Rochelle Greer, Minter Ellison Rudd Watts*

I thought the content was very relevant for our staff and I was able to walk away with practical tools I could immediately implement to aid me in managing my state of mind and reduce stress in all aspects of my life. I felt that you were quick to gain the confidence and trust of the audience, and getting a room full of accountants to participate so fully is no easy task."

*Debra Ryan, HR Manager, BDO Auckland*

I was extremely impressed from two different perspectives ... Karen's presentation style was extremely engaging with a good combination of humour and professionalism. Secondly, her presentation content was interesting and gave me some extremely practical (and surprisingly simple) tools to take away with me."

*Justina Knox, Botherway Legal*



REVOLUTIONISE YOUR LIFE

## TOPICS: WELLNESS + PERFORMANCE

### **Taking stock and setting goals for wellness + performance**

What is wellness and performance? What does success mean to you? Take stock of the Whole You at work. Understand your values and set goals for success.

### **Managing your state of mind for peak performance**

How can you take more control of stress and your internal reactions? Here we cover the signs of being under stress and why stress is not a performance state, as well as powerful, practical tools to help you choose your state in any situation - including meetings, deadlines, presentations and even the horror-homework-hour with kids!

### **Myth-busting stress**

If you want a peak performance mindset, truly getting on top of stress is essential. Here we look at how to break out of the beliefs and societal norms that hold our busy, stressed lives in the same cycle day after day. Discover what kind of thinking supports peak performance, bust out of your stress patterns and free your mind to be brilliant.

### **Foundation health habits**

Hitting the reset button on how you look after your health day to day, to stay on top of things and have more energy. These foundation health tips are at the heart of resilience, and help your body and mind to be in peak performance at work and at home.

### **Switching off from work**

Find it hard to switch off after work? We'll cover proven strategies for switching off, getting a mental break and truly unwinding - helping you improve productivity and enjoy your life. Breaking out of the grind. These tools support rest and relaxation and have shown to improve productivity at work by 20%.

### **Meditation**

Meditation is considered one of the most effective ways to cultivate not only more calm and happiness, but also concentration, clarity and mental resilience. Cultivating a consistent meditation practice, however, isn't always easy.

This session will look at simple ways to establish or build on a daily practice, with a range of techniques and tips to support you. Enjoy several meditations during this session, designed to allow the mind and body to relax and recharge.

### **Taking control of your day**

Do you sometimes feel at the mercy of your to-do list, or other's schedules? Claim some sanity via fresh strategies for feeling more in control of your day, owning your diary and prioritising. Get your hands back on the steering wheel!

### **Building a peak performance mind-set**

How to reframe challenges, build mental resilience and use powerful questioning and language skills to re-train your brain into more habits that cultivate a resilient mind-set. You'll get tools for being in the right mind-set for peak performance, even when the pressure is on.

### **Mindfulness at work**

Mindfulness has become a modern phenomenon - primarily in response to the busy, often frenetic lives many of us lead. Experience more focus, energy and concentration through this simple introduction to mindfulness - designed to help you cultivate more mental energy, clarity and ease in your day.

### **How to beat overwhelm at work and focus on what matters**

Learn how to be more focused and effective under pressure with a simple strategy for identifying key priorities, and for managing large or multiple tasks.

### **Transforming habits**

What do you do when you're really stuck in old habits and patterns? How can you start to shift the most stuck patterns of stress to transform the way you work? A little outside the box, this session helps you understand your own patterns, and start to breakthrough them.

### **Daily Practices for focus and happiness**

How can you fill up your own tank on a daily basis, in amongst giving your time and attention to work and other demands? Practical strategies for improving daily life and happiness levels.

Seminars range from \$850-1400, and full day fee is \$3200. Also ask about the Go Programme for your team.

### **CONTACT INFO**

Call Karen on 0800 TO START

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