



# ***Taking Charge of Your Own Morale***

*From A.C.E. Learning and Performance Solutions*

Today's high-intensity workplace demands "more, better, faster, now." Coupled with constant, rapid change, the result can be high levels of stress, low morale and less than optimal performance.

Not only does performance quality decline, the quality of interpersonal communication may deteriorate as well, leading to conflicts and unproductive interactions with both internal and external customers.

The good news is that new scientific research has given us a fast, simple, direct way to reduce stress and raise our morale. In this session you will learn how easy it can be to bring more energy and vitality into your daily experience.

## **Program Goal**

To learn strategies for improving morale and managing life's daily stressors.

## **Learning Outcomes**

As a result of attending this workshop participants will be able to:

- Improve their own morale
- Achieve greater productivity and resiliency
- "Own" versus "Rent" their job
- Become more committed performers
- Provide greater satisfaction for the organization's members and customers

## **Program Specifics**

Audience: All employees

Duration: 4 hours

Class size: Maximum 15

Learning Methodology:

- Current best practices in Adult Learning Methodology
- Practical, engaging, experiential, and interactive