

Are You Going Out of Your Mind? Banish Burnout and Get a Grip!

Tired? Overwhelmed? Stressed?

Suspect you're suffering from burnout but can't get past it no matter how hard you try? Feeling like you're out of your mind?

It's time to banish burnout and get a grip once and for all! This 3-hour personal and professional development workshop will teach you some surprising sources of stress and how to manage them so that you can get back into your right mind again.

Find out how to reduce stress by easily changing the way you interact with co-workers and customers through understanding and applying "whole brain thinking".

Whole brain thinking is a process that identifies our strengths – as opposed to focusing on overcoming our flaws. It is an intelligent, inclusive system that leads to personal and professional satisfaction and greater productivity. However, the most immediate benefit is improved communication through understanding the value that you and those around you bring to the coffee table, kitchen table and the boardroom table.

Engaging our strengths generates personal fulfillment and optimizes our chances of being more effective. When we feel smart, we enjoy our work. When we enjoy our work, we bring our very best to everything we do each and every day!

You will learn the concepts behind the "Whole Brain Thinking" model:

- The 4 thinking styles
- Identify your own thinking style
- How stress really affects you
- Personal energy management
- Effective communication tips
- And some delightful surprises about yourself!

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## **What people say about 2020 Mindsight...**

*"Fantastic, dynamic presentation!" "Totally changed the way I look at marketing!" "Information I can use everywhere!" "Powerful!" "Why don't they teach this in school?"*

## **What people say about "Generations at Work"...**

*"I've attended several 'generations' workshops and yours is by far the best!"  
Luc Bouchard, Alberta Health Services*

## 2020 Mindsight

**Energizing Teams,  
Engaging Individuals**



Alberta-based "Whole Brain Thinking" expert, Desiree Bauer, has a history of drawing together diverse teams to reach common goals. She was the President and CEO of the award-winning Blindman River Regional Development Agency, a grassroots movement that partnered five different municipalities and their citizens to generate several successful economic and community development initiatives. Subsequently the Economic Developers Association of Alberta nominated her "Economic Developer of the Year".

Fueled by a desire to teach people how to discover their strengths, Desiree studied under Herrmann International (HBDI™)\*, one of North America's foremost authorities on thinking style preferences and their impact on individual success, health and wellness. As a Certified Professional Development Facilitator, Desiree teaches her clients how to achieve personal and professional excellence by identifying and engaging their unique natural strengths.

In business since 2003, Desiree delivers business-based professional development presentations, on-site corporate training, conference workshops / sessions as well as the HBDI™ assessment.

*\*The Herrmann International method has its roots in work that began at General Electric and has been validated by more than 30 years of research, including a database of results from more than 2,000,000 assessments. The Herrmann International approach is taught at the Wharton School of Business and has been featured in books and leading publications including the Harvard Business Review.*

Desiree has served on numerous Central Alberta boards including the *Blindman River Regional Development Agency* (President and CEO), *Rimbey Chamber of Commerce* (President), the *Leadership Centre of Central Alberta* (Director), *Alberta Women Entrepreneurs (AWE)* (Director), Past Chair of the *Red Deer Chamber of Commerce Ambassadors*, *Red Deer Chamber of Commerce* (Director), *Red Deer College Alumni Association* (2nd Vice Chair) and was a National Member of the *Canadian Association of Professional Speakers – Edmonton Chapter*.

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