

Raising Health at Work!

An Executive's Guide to Workplace Wellness

The Staggering Cost of Workplace Stress

Employees under sustained stress are more likely to suffer:

- 3 times more heart and/or back problems
- 5 times more certain cancers
- 2-3 times more conflicts, mental health problems, infections and injuries
- 2 times more substance abuse (Health Canada)
- Direct cost of absenteeism in Canada totals \$4.5 billion each year (StatsCan 2003)

Lead the way to a dramatic improvement in workplace wellness by understanding and appreciating individual strengths using “whole brain thinking”. 30 years of research have shown that whole brain thinking enhances communication, productivity and performance of individuals and teams. Remarkable results are obtained by actively engaging this system for team-building, creative problem solving, decision-making, communication and other personal and/or organizational challenges.

Whole brain thinking is a process that identifies our strengths in the workplace – as opposed to focusing on overcoming our flaws. It is an intelligent, inclusive system that leads to employee satisfaction, greater productivity and real-time results. However, the most immediate benefit is improved communication through understanding the value each team member is bringing to the 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 the workplace each and every day. Plus when we recognize a team member's strengths, we bring out the best in them. This leads to a workplace culture of collaboration, respect and enthusiastic teamwork.

“Raising Health at Work” is an business-based workshop for CEOs, business owners and senior management focused on creating workplace wellness by:

- Enhancing personal and professional performance (and employee satisfaction) by identifying and engaging one's strengths
- Coaching/mentoring to reduce workplace stress by implementing an intelligent system to reduce conflict and communication problems before they start
- Improving the corporate bottom line by creating a culture that recognizes, values and engages the natural strengths of each member of the organization

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

*“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*



**HBDI™ Certified**  
Herrmann Brain Dominance Instrument™

## 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*.

### **2020 Mindsight**

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