

Conferences, workshops & training

THE
PROFIT
Club

Psychological & Physical Health and Well-being

- Strategies for establishing effective routines and respecting a healthy lifestyle that promotes mental health
- Adapting to teleworking: Making time for yourself, motivation, morale, dealing with stress, uncertainties and change, etc.
- Healthy and positive work-from-home habits
- Mental health : Detection tools, helping a colleague in need, open dialogue, etc.
- Work-life balance in teleworking
- Motivation, attitude and mental strength
- Work-from-home ergonomics: Effective and affordable ways to improve your workstation ergonomics, posture and comfort
- Mental health in the workplace: The importance of breaking stigma and talking about it
- Optimizing your health to boost energy and performance
- Facing change, uncertainties and life's adversities with confidence and serenity
- Loneliness and isolation
- The ingredients for good psychological health
- Developing self-esteem
- Understanding and overcoming anxiety, worries and stress with practical tools
- Emotional, physical and mental Resilience
- Learning to better cope with stressful or challenging situations : Adopting a more rational and less emotional attitude
- Harmonious relationships at work and at home (family, couple, kids, etc.)
- Breathing & self-massage techniques
- Developing better eating habits for vitality, energy and cognitive performance
- Discovering the power and benefits of foods; Nutritional strategies for busy professionals
- Taking charge of your physical health and counteracting the harmful effects of isolation
- Health and safety; Fatigue, depression, burnout, pain and discomfort
- Achieving life balance in all spheres of your life
- Understanding and improving thought patterns
- Better manage emotions and thoughts to improve confidence and serenity
- Mindfulness and mindfulness meditation in the workplace
- Emotional intelligence: self-awareness and control, empathy, emotional stability, etc.
- Quality of (work) life and job satisfaction

And much more! Contact us for an exploratory meeting!



450.275.4829 / 1.833.883.2244



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Human Capital - Professional and Personal Development and Fulfilment

- Organization; Time and priority management
- Stimulating motivation at work
- Employee appreciation/Recognition
- Managing difficult personalities, clients and/or situations
- Efficient meetings; Active participation in meetings; Preparing and conducting a meeting
- Healthy vs unhealthy perfectionism
- Developing communication skills (active listening, body language, etc.)
- Money, a source of well-being... and stress!
- Constructive feedback
- Selling and presenting to different types of people
- Developing and learning leadership
- Building a performing team
- Developing your emotional intelligence
- Understanding and overcoming performance anxiety
- Sales and negotiation
- Communication in a digital context
- Customer service; Customer relations and loyalty
- Team building; Team work; Team dynamics; Trust and collaboration within the team
- Diversity and inclusion
- Mind mapping (Organizing ideas)
- Conflict management and resolution
- Memory stimulation
- Presenting yourself and your projects for optimal chances of success
- Change management
- Delegation of tasks
- Overcoming challenges and obstacles
- Unconscious bias in the workplace
- Collaborative mindset
- Inclusive leadership
- Integrating mindfulness in the workplace
- Understand how you operate and identify areas for improvement
- Employee commitment
- Identifying your own barriers and limits
- The art of expressing yourself and capturing the attention; Public speaking
- Adapting management practices in teleworking/remote management

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