



# Well-Being in the Workplace Workshops

*Harnessing Your Strengths, Breathwork, and Nervous System Intelligence for Managing Stress in the Workplace*

Our customized full day or half day workshop for managing stress in the workplace helps employees gain valuable skills and strategies to manage stress effectively, leading to improved well-being, increased productivity, and a more positive work environment.

We use Gallup's CliftonStrengths® assessment integrated with body-based self-awareness and nervous system regulation to help participants discover and leverage their natural talents and strengths to build resilience and navigate challenges.

By combining a strengths-based approach with mindfulness, breathwork, and practical neuroscience this workshop offers a powerful roadmap to manage stress, interrupt reactivity and enhance focus, self-awareness and personal development.

Participants will learn practical tools to maximize their strengths, yielding greater self-awareness and gain techniques to identify, cope with, and reduce stress, ultimately promoting a healthier and more productive work environment.



*Gallup's empirical studies affirm that strengths-based development is a powerful tool to combat workplace stress. It promotes emotional resilience, reduces burnout, and increases well-being, making CliftonStrengths® an essential strategy for healthy, high-performing organizations.*

- Using strengths every day leads to 6x greater engagement and 3x higher likelihood of having an excellent quality of life.
- Strengths-based teams show 12.5% higher productivity and experience fewer negative emotions like stress and anger.
- Employees who feel they use their strengths at work are more than twice as likely to strongly agree they are thriving.
- Employees using strengths show 15% lower burnout.
- Companies that develop self-awareness see a 23% increase in employee engagement and 70% improved mental health outcomes.
- When individuals understand their strengths, they are better equipped to recognize emotional triggers, respond to stress more intentionally, and communicate needs and boundaries more effectively.
- Knowing one's strengths helps individuals better recognize stress triggers and manage emotional responses.
- Conscious breathing supports mental clarity, emotional regulation, and performance under pressure by quieting the analytical mind and calming the nervous system.

## Workshop Materials >

- Gallup® CliftonStrengths® Online Assessment and Strengths Insight Report
- Supplemental Workshop Materials
- Gallup-Certified Expert Facilitation
- Yoga Therapy and Meditation Certified Expert Facilitation
- Break-out Activities and Team Discussions
- Follow-up Materials with Team Resources

## Workshop Outcomes >

- Articulate their top CliftonStrengths and describe how those strengths show up in stress or high-pressure situations.
- Ability to notice physical cues of stress, tension, or activation in their bodies.
- Learn to reframe reactive behaviors through the lens of their strengths.
- Better identification and management of emotions in self and others.
- More capacity to respond rather than react to stressful events in the workplace or life.
- Enhanced interpersonal communication for less defensiveness and more openness in team and client interactions.
- Improved alignment between internal patterns (thoughts, emotions, body sensations) and outward behavior.
- Gain breathwork techniques to regulate themselves during moments of stress.
- Develop personalized grounding tools tied to their strengths.
- Participants can distinguish between conscious, subconscious, and unconscious responses and recognize how their default reactions are shaped.
- Actionable insights to create a simple, daily practice to align body, mind, and strengths.

## Facilitators >



**Tina Lanzoni, E-RYT500, C-IAYT**  
Certified Yoga Therapist  
Certified Meditation Teacher

Certified Yoga Therapist through IAYT

Certified Meditation Teacher

E-RYT Yoga Instructor

iRest Level 2 Teacher

Trained in Somatic Therapy

35+ years in the Fitness/Wellness Industry

Mentor for the Kripalu Yoga  
Therapy Program

Assistant for iRest trainings

Trained over 100 teachers for a 200-hour  
Yoga Certification

Named Washingtonian Instructor of the Year

Lululemon Ambassador

CEU Provider



**Angie Halamandaris, ACC**  
Leadership and Life Coach  
Founder, Juniper Group, LLC

Gallup® Certified Strengths Coach

Graduate of Georgetown  
University's Executive Leadership  
Coaching Program

International Coaching Federation  
Certified Coach

35+ years working in leadership positions in  
the not-for-profit, coaching and  
healthcare fields

Co-Founder and Former President  
The Heart of America Foundation

Forged national strategic philanthropic  
partnerships with multiple Fortune 100  
companies

Work featured on Oprah and Ellen Shows

Over 1,500 CliftonStrengths®  
Assessments Completed