

Find Your Mojo Building Resilience Program



Are anxiety, burnout, and disconnection holding back your team?

With alarming statistics showing that 75% of Gen Z and 50% of Millennials have left jobs due to mental health challenges—and only 10% feeling comfortable talking to their managers—it's time for a change. This transformative course, backed by the Motivators Assessment, equips managers and employees with actionable strategies to navigate workplace stress, build resilience, and foster a thriving environment.



COURSE LEARNING OBJECTIVES

FINDMOJO

Designed for both managers and employees at any level, and coupled with use of the Motivators Assessment, this 6-to-8-hour course will teach participants:

01. Workplace Anxiety 101

- The difference between stress and anxiety.
- New workplace research on mental health.
- How to spot and address anxiety as a leader.

02. Dealing with Uncertainty

- Understanding the causes of workplace uncertainty.
- Strategies for facing fears directly.

03. Overcoming Burnout & Perfectionism

- Methods for avoiding overload and burnout.
- · Learning what "good enough" looks like.
- Using failures as learning opportunities.

04. Avoiding Conflict & Building Connection

- Strategies for making conflict a positive.
- How to forge allies and make connections.
- Including the excluded or forgotten employees.

05. Create Confidence with Appreciation

- Focusing on others and getting beyond ourselves.
- Use appreciation to remove doubt and create confidence.
- Reinforce core values.



IN-PERSON

Our experts come to you and train your team in-person at a classroom location of your choosing. Great for sales kickoffs and offsite team building.



VIRTUAL

Our experts train your team from the comfort of their home or office. Ideal for remote teams or limited travel budgets.

I can't emphasize enough the difference this course made for our folks. It's been a great investment into the wellbeing of our staff.

-Cydnee Radford

Wellness Engagement & Development Lead Idaho National Laboratory



USED BY THE BEST

The world's leading companies trust FindMojo to help them build engaged, productive, and resilient workforces.



Want to build a more resilient workforce? Contact us to learn more about **Find Your Mojo Building Resilience Program** today!

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