

CULTIVATE RESILIENCE

Many of us are **STRESSED OUT** in our post-pandemic world of hybrid work, heightened performance expectations, and economic instability.

Improve your **PRESENCE**, **PERFORMANCE**, and **PRODUCTIVITY** by learning to **MANAGE UNCERTAINTY**.



WHAT'S GOING ON?

Three-quarters of adult Americans say that stress is negatively impacting their health. And more than a third of all Americans say that stress leaves them feeling completely overwhelmed daily.

At work, stress can lead to lower productivity. At home, to withdrawal or volatility. And stress has a real impact on our physiology; how we feel, and our susceptibility to disease.

WHAT CAN WE DO?

In his 1:1 engagements and interactive workshops, **Benjamin Wagner** shares practical tactics and lessons learned during his 30-year career as a global executive at MTV News and Facebook, and the making of his documentary on stress and resiliency, *Friends & Neighbors*.

- o Gain insights into the nervous system and social-emotional regulation
- o Practice simple steps to transform the way you manage everyday uncertainty
- o Build positive, present, and productive community and culture
- o Gain evidence that positive transformation is possible

"Benjamin's keynote was **the highlight of our conference**. Attendees left with **tools they could immediately apply**."

- Charlie, Mill Summit

"Benjamin's wisdom comes from **vulnerability and lived experience wrapped in humor and compassion**."

- Zach, Gather & Grow

"Benjamin's **message was spot on**, and **his delivery was stellar**."

- Jen, Leadership Delaware

"Benjamin's **engaging approach** made his workshop an **invaluable experience**."

- Chambrel, UPenn



Contact Benjamin to improve your presence, performance, and productivity today.

 www.benjaminwagner.com

 benjaminbwagner@gmail.com

