



Mr Christopher Phoenix  
GL Town Planning

### **Workplace wellbeing - You can't pour from an empty cup**

To address workplace burnout, Christopher Phoenix discusses wellbeing concepts through various modes of entertainment, including poignant mind reading games, and fun demonstrations.

Through the Workplace Wellbeing presentation, Christopher:

- \* aids attendees challenge their unhelpful thinking;
- \* teaches attendees how to deal with change, build resilience, and develop a stronger personal and professional self-image; and
- \* shows attendees how to align their values with their goals.

The Workplace Wellbeing presentation not only entertains delegates, but gets them thinking clearer, feeling happier, more motivated, and productive.