

REVITALIZE YOURSELF – 6 WAYS TO BUILD STAMINA AND MANAGE FATIGUE

One of the most important business resources is your personal energy. Often after working long hours, dealing with difficult people, and being under constant pressure, you can become easily tired and fatigued.

Let Dr. Melnychuk, a nationally recognized speaker who has worked with thousands of men and women across Canada, inspire you to improve and energize your life.

This session will provide you with techniques and strategies to help you add more energy to your day, develop the practice of recovery management, get better sleep, understand the role of effective nutrition, keep fit, and stay motivated.

You will learn to:

- Monitor your energy and tension
- Understand the nature of circadian rhythms
- Improve the quality of your sleep
- Make food choices that provide you the required energy
- Use three proven relaxation exercises
- Discover the benefits of active living
- Identify skills that develop positivism
- Practice seven techniques to stay motivated

CLIENT FEEDBACK:

“It’s obvious from their ratings of your session and from their written comments that the delegates **thoroughly enjoyed** your presentation and got a lot out of it. Here are some of the comments from your session “Revitalize Yourself – 6 Ways to Build Stamina and Manage Fatigue” presented at the Western Conference on Safety held in Vancouver: “Excellent presentation. Very exciting”, “Great information. Very valuable materials”

“Awesome, so funny and entertaining”, “Great information and motivating”

“Really good. Lots to take away”, “**Thanks for new outlook**”.

– Terry Swain, OSH Services
Pacific Safety Center Ltd

“I would like to express how much we enjoyed your sessions on “Revitalize Yourself – 6 Ways to Build Stamina and Manage Fatigue” and “Balancing Your Life.” Your sessions **were timely** and you presented them in a way that impressed everyone. You helped generate a renewed interest among our staff by providing them with **effective strategies to manage stress and strike a healthy balance** between work and home. By every measure you are a **very effective speaker and educator**.”

– Rod Moore, Director,
EPCOR Technologies Inc., EPCOR Water Services Inc.

“On behalf of Alberta Environment and Sustainable Resource Development, I would like to thank you for the informative and enthusiastic session you presented. Your ability to bring current events to your presentation, while maintaining a lighter atmosphere, was both **inspiring and motivating**. You were able to present an **abundance of relevant information on a very tight time line without compromising the effectiveness** of your presentation.

Some of the comments from participant evaluations included: “The morning ritual was very neat and I plan to try it and see how my days change” “Uplifting attitude of speaker”, “Bring him into the work office”, Excellent speaker – “Entertaining and informative”, “Have more half – full day sessions with him”, “**Dr. Melnychuk is a wonderful speaker**”.

Thank you again for sharing your expertise through your inspirational presentation.”

– Catherine McCullum,
Training and Development Assistant
– Human Resources Division
Alberta Environment