

BUILDING STAMINA AND MANAGING FATIGUE IN THE WORKPLACE

One of our most important business resources is our personal energy. Often after working long hours, dealing with difficult people and being under constant pressure, we can become tired and fatigued. As a consequence of fatigue and exhaustion, some workers may experience high levels of anxiety and stress, display disruptive sleep patterns, suffer digestive problems, have increased levels of depression, display lower morale and have higher rates of absenteeism and injury.

This seminar will address these issues and provide the participant with information and strategies on how to add more energy to their days, develop the practice of recovery management, get better sleep, understand the role of effective nutrition, keep fit, stay motivated, and improve work performance.

Dr. Melnychuk will help you:

- Develop ways to monitor energy and tension
- Understand the nature of circadian rhythms and sleep
- Improve the quality of your sleep
- Make food choices that provide the required energy
- Discover the health benefits of regular physical activity
- Design a physical activity program
- Use proven relaxation techniques
- Develop the skills that develop positivism
- Practice techniques to stay motivated
- Implement a plan of action to increase levels of energy

CLIENT FEEDBACK:

"I would like to thank Dr. Don Melnychuk for his past presentations to our Corporate Office in Saskatoon and two northern mine locations within Saskatchewan. Dr. Melnychuk delivered a fantastic seminar on "Building Stamina and Managing Fatigue". All participants walked

away with some valuable tools to improve their lifestyles. His delivery style was **professional, dynamic, entertaining, and thought provoking**. We had some of our long-term employees walk into the session with very negative expectations only to leave feeling quite satisfied with the session. Dr. Melnychuk's sessions were such a success that we have been solicited to bring him back to our northern mine locations next year. Personally, I find Dr. Melnychuk very good to work with in terms of his desire and passion to educate in and out of sessions. He is truly **among the best presenters** in terms of content and style. I would highly recommend Dr. Melnychuk to any organization that is looking to **provide their employees with tools** to improve stamina, fatigue, and general lifestyle."

– Kelly Howey, Wellness Co-ordinator
Cameco Corporation

"On behalf of the Edmonton Police Services and the Nutrition and Lifestyle Program I am writing to thank you for the excellent seminar on "Building Stamina and Managing Fatigue". The information that you presented was so valuable in assisting the Police Officers in dealing with stress, shiftwork, and habit changes. This **workshop is a MUST for anyone who wants to take charge of their life!**"

– Joanne Siemens, B.Sc., R.D.,
Program Director, Live It Up

"Your suggestion of the "Building Stamina and Managing Fatigue" seminar **was just what our staff needed**. We have recognized that there will always be changes and too much to do, but your session gave us **some tools to protect ourselves** from becoming overwhelmed. Approximately 160 people attended your seminar and the feedback was excellent. Many of the participants appreciated your low-key, yet energetic and humorous approach. The **relaxation exercise was a big hit**. I still hear people discussing how amazed they were to find out how high their pulse rate was and how listening to the relaxation tape for such a short period reduced it quite significantly. It was a pleasure meeting you. Thanks again for a job well done."

– Cec Fagnan, Workshop Team Member
Alberta Agriculture