

WISE & WELL



PRESENTED BY
 **NFP**

Embark on a transformative journey with best-selling author and human performance thought leader, **Deb Smolensky**, in this upcoming webinar. Discover the secrets to unlock your brain's full potential to achieve peak performance at work.

During the session, you'll gain valuable insights into optimizing your focus, boosting your energy, and maximizing productivity and joy in both your workday and personal life.

MEET THE HOST



Doreen Davis
SVP Well-Being & Engagement, Atlantic Region, NFP

MEET THE SPEAKER



Deb Smolensky, CWP, CLP, WELCOA Faculty Member
SVP and Global Practice Leader, Well-Being and Engagement
NFP

Deb is a #1 best-selling author, speaker and award-winning thought leader in human performance at work. She currently serves as the global well-being and engagement practice leader at NFP. For the past 25 years, Deb has worked with hundreds of employers, including Fortune 500 companies to develop strategies, programs and practices that empower employees and executives to lead healthy and productive lives at work by providing innovative, meaningful, and highly engaging solutions.

YOU'RE INVITED
BRAIN ON!
MENTAL FITNESS STRATEGIES TO
COMBAT STRESS AND BURNOUT TO
ACHIEVE PEAK PERFORMANCE AT WORK
VIRTUAL WEBINAR

WHEN

Tuesday, April 9, 2024
Noon – 1:00 p.m. ET

HOW TO REGISTER

Visit go.nfp.com/fitness-strategies
or scan this QR code with your phone!



WHO CAN ATTEND?

This session is open to all NFP clients and clients' employees. It will be recorded and made available to all registrants.

QUESTIONS?

Email NFP's Atlantic region Well-Being team at
NFPAtlanticWellbeing@nfp.com