



# EMPOWERMENT WORKSHOP

We'll empower your members with a roadmap and plan, to re-create their work and life in a way that works just perfect for them!

## HOW IT WORKS

Your members will learn practical ideas, tips and exercises that will lead to an authentic life.

### WORKSHOP OUTLINE (SIX HOURS)

The path to Joyful Work is not easy, but it will be the most important thing you do in your life. When your work is enjoyable and aligns with your deepest core values, all internal indicators increase, such as happiness, energy, a sense of meaning in one's life, and the quality of life relationships. Achieving Joyful Work is the meaning of an authentic life!

### IN THIS WORKSHOP, LEARN THE STEPS TO ENABLE JOYFUL WORK PLUS:

- Understand the definition of Joyful Work
- Learn the Joyful Work Model
- Discover why Joyful Work is essential
- Learn and implement the Joyful Work model and leave the workshop with a new plan for life and work
- Interactive exercises and networking to enable new ideas and inspiration
- Ideas, coaching tips, practice and practical ideas from Dr. Nathanson to implement right away!
- New motivation, energy and ideas for work and life to implement now!



### The Five Stages<sup>®</sup>

A model showing the phases to authentic and joyful work. Start Your Journey here.



### ABOUT DR. CRAIG NATHANSON

Dr. Craig Nathanson is an educator, author, speaker and leadership coach who developed the Joyful Work model after spending many years researching, speaking and writing about the intersection and work and life.

He has taught at universities around the world in Asia, Europe and North America.

In Dr. Nathanson's Joyful Work with individuals and organizations, he integrates his experience working in various senior management positions, and draws from more than twenty years of research about the intersection of work and life.