

Corporate Atrophy



Powerful Strategies To Increase Mental Productivity

Stressed, overwhelmed and in 'email overload', *Today's Workers* struggle to keep up the fast pace of technology, while also experiencing high rates of burn-out termed *Corporate Atrophy*. When connected to virtual reality, office workers are not getting adequate physical stimulation required for optimal mental productivity. Isolated behind desks and cubicles, many workers are also experiencing the *Triple Disconnect* from self, others and nature. Depression and anxiety disorders are on the rise, with absenteeism and stress related time off at an all time high in North America. Adult home use of TV and videogames on average is 4.5 hours per day. Combine this with 8 hours per day computer time at the office, a two hour commute, and office workers have definite productivity problems! The human body was designed to *move*, which is essential for brain health, not sit for 14 hours plugged into a box! *Corporate Atrophy* offers organizations an alternative to burn out through self-awareness of their own body energy, and provides instruction regarding effective, playful, easy, movement strategies to enhance mental acuity and improve workplace productivity.

Seminar Goal – *Corporate Atrophy* raises awareness regarding the effects of increased technology use on human productivity, and offers workplace tools and techniques to optimize individual and work team productivity.

Learning Outcomes

- Identify three critical factors for human development, and list five techniques for optimizing personal workplace productivity.
- Analyze current research on technology's impact on worker's ability to produce, focus, sleep, physical health (obesity, diabetes, eating disorders), mental well being (depression, anxiety) socialize (aggression, conflict), addictions....
- Using provided *Productivity Scale*, determine baseline energy requirements, and baseline quality and quantity of work, then identify daily techniques to improve workplace productivity.
- Using the provided *Zone-O-Meter*, identify body energy zones and apply relevant Zone'in office, gym, desktop, conference room and lunch time tools and techniques to get *Zone'in to Work*.

Cris Rowan is a well-known speaker and author, providing over 200 keynotes and workshops throughout North America. Cris has BSc's in both in Occupational Therapy and in Biology, is a SIPT certified Pediatric Sensory Specialist, and has worked as a rehabilitative Occupational Therapist for 20 years. Cris authors the *Development Series Newsletter*, created the *Zone'in and Move'in Educational Programs* for schools and homes, and recently started *Rowan Training Systems* for registered Occupational Therapists.



To REGISTER:

Online: go to www.zonein.ca/workshops.php

By fax: fill out the attached registration form

By phone: call 1-888-896-6346



REGISTRATION FORM

Workshop Title: _____

Workshop Date / Location: _____

Registrant's Name: _____

Occupation: _____

Mailing Address: _____

City: _____ Province: _____ Postal Code: _____

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<u>Circle the workshops you wish to attend</u>	<u>Regular Price</u>	<u>Early Bird Price</u>
Morning session	\$150	\$125
Afternoon session	\$150	\$125
Combined morning and afternoon sessions	\$250	\$200

I am paying the amount of _____ by:

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*A \$35.00 fee will be applied to all cancellations.
Cancellations will not be accepted within one week of the workshop date.*

Please FAX or MAIL this form and payment to the Zone'in office

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*For more information, contact the Zone'in office at
1-888-896-6346 or info@zonein.ca.*

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