

## GRIMACE TO GRIN – how to reduce stress in the workplace!

Happy people are more resilient, have superior productivity, less burnout, less sick days and people want to be in their company. Does this sound like someone you would like on your team!

The problem is that many people are not happy and this unhappiness can readily turn a work environment toxic. A major concern of unhappiness in the workplace is stress and this stress is not just associated with work but life in general.

If you would like to build a non-toxic environment at your workplace and have your people less stressed then make sure you book in this presentation for your next staff training day.

This presentation will provide people with the following:

- An alternate definition of happiness
- How stress can erode happiness
- An understanding of what stress is and the harm it can do to the human body
- Practical ways to reduce stress that can be put into action immediately



**How long:** 30, 45 or 60 minutes

**How to book :** Call Claire Massingham on 0406 393 845 or email [Claire@happinessbank.com.au](mailto:Claire@happinessbank.com.au)

### PRAISE

- That talk was wonderful, have been telling people about it since I got home. Highlight of my day, now to put your advice in practice – Julianna Mark
- Great talk Claire. We let three cars in on the way home and someone even let me in twice. What a great drive home – Chris Shaw Woody Point Special School
- Claire what an incredible job you did at the TNT Conference. So much food for thought and such a joyful presentation. Thank you for sharing your time with us – Nikki Smith Woody Point Special School



## About Claire Massingham

My goal is to add *colour* to your workplace by giving your people the tools that they can immediately use to help them live a healthier and happier life. This means they will have:

- Superior productivity
- More resilience
- Less burnout
- Less turnover
- Greater sales

### *Happiness equals success.*

I'm here to guide your people to happiness so they are in the best possible position to give 100% at work.

I have been working with people for over 24 years to help them live healthier and happier lives. I have the following qualifications:

- Certificate in the Science of Happiness
- Degree in Human Movement Science
- Graduate Certificate in Adult Education
- Certified Herrmann Practitioner (Whole Brain® Thinking)
- Cert IV in Training and Assessment
- Cert IV in Personal Training

Not only have I worked in the health and fitness arena but I have also worked extensively in the corporate world as an Executive Assistant to senior leaders in organisations such as Australian University Sport, Proteus Leadership Centres, Goodlife Health Clubs, Cancer Council Queensland and Diabetes Queensland.

I am a *highly energetic, authentic and passionate* presenter.

My passion for health and happiness radiates a strong energy and engages people right from the start. My ability to speak the truth knowing that it is never about me but what I can give to my audience guarantees a unique authentic presentation that leaves people feeling that I spoke directly to them.

Some of my speaking engagements include Flight Centre, PoliceLink, Great8 Education, Diabetes Queensland, Podiatry Hive, Autism Queensland, CPA Australia, Therapy, Nurses and Teacher's Conference, Woody Point Special School, Work Smart Conference, John Wiley and Associates just to name a few.

*Be happy, colour the world – Claire*