



(VQ Focused - General/Mixed Audience)

## ***How to Standout Without Burning Out***

*Raising your Work Vitality Quotient (WVQ) to take on the day.*

Taking on anything challenging, even when meaningful, involves stress. In a world defined by unrelenting change, it's not surprising there's been a spike in stress levels and a drop in energy levels. Leaders and their people report feeling perpetually consumed by work and behind on life.

The challenge is that the traditional well-intentioned advice of "ease up and slow down" to tackle stress is often impossible to apply. Worse, it inadvertently results in people feeling they need to compromise their drive and dedication in the process. There is a better way.

In this keynote, Sara Ross will share her research showing you that raising your Work Vitality Quotient (WVQ) will help you pursue bold goals without burning out in the process.

Sara will take you through the steps to increase your WVQ, making it your distinct competitive advantage in the future of work by:

1. Differentiating healthy standout-stress from unhealthy sacrifice-stress.
2. A method to spot and avoid the most deceiving "Brain Traps" that disguise themselves as paths to success but instead negatively influence your decisions, effectiveness, vitality, and relationships.
3. A Key Vitality Indicator (KVI) system to monitor your mental, emotional, and physical energy helping you identify the tipping point where more work becomes counterproductive with ways to replenish your energy when you don't have an abundance of time.
4. Strategies for better energy management in virtual environments, setting work-home boundaries, and dealing with digital depletion exacerbated in virtual work.

If you feel like you've been running on fumes to just get through the day, Sara will give you the tools to get you back to firing on all cylinders to help you ***take on the day***, so you stand out in the work you do, the leader you want to be, and the positive impact you want have both at work and at home.



\*If a predominantly leadership audience:

## **Standout Leadership in a Worn-Out World**

Raising your Leadership Vitality Quotient to take on bold goals.

Leaders are dealing with an additional layer of pressure – managing their own stress, their own energy, and their own impact as well as that of the people they lead.

To customize this keynote to predominantly leadership audience, Sara will build on the same content while also integrating insights to help leaders recognize the amplification effect of their actions both on their people and in establishing organizational norms. Sara will highlight vitality-boosting and depleting practices to help you lead more energized teams and organizations.