



SELF POWER NOW!™

BE HAPPY, HEALTHY, ZEN & LOVED.

TAKE CARE OF YOUR COMPANY'S MOST IMPORTANT ASSET:

Your People

Only **60%** of individual contributors reported favorable **well-being** at work.

Source: Qualtrics - 2021 Employee Experience Trends - Oct/Nov 2020

Well-being defined as feeling the following at work:

- Calm
- Energized
- Rarely overwhelmed by responsibilities
- Positive about yourself
- Having trusting relationships

info@selfpowernow.com

How do you best support your teams?

NOW, MORE THAN EVER, EMPLOYEES NEED PERSONAL WELL-BEING

“Employees are more cognizant than ever of managing their own personal well-being. Companies that don’t enable employees to recharge or set boundaries, or even enable fulfilling work, **will lose out on talent.**”

Source: Qualtrics – 2021 Employee Experience Trends - Oct/Nov 2020

*Employee wellness needs today
have gone well beyond learning
how to meditate for stress relief.*



WELLNESS PROGRAMS BENEFIT YOUR EMPLOYEES & YOUR COMPANY



"New research is indicating that employees are putting in more hours than ever, experiencing burnout and exposure to added stressors such as finances or the inability to separate personal and professional commitments and roles. These shifts and changes are pushing employee well-being up the ladder of corporate priorities."

Source: Forbes, Oct 2020

Companies who value employee's personal growth will be better positioned to attract top talent.

From staff to management to top executives, the collective education, ideas, actions and attitudes of the people in your organization create the framework for **long-term success** of your organization.

Wellness must start at the source - with each and every employee's personal growth and development. **Employees need to feel self-empowered in life and work.** For example, to be a productive individual contributor or a great leader, one needs a healthy dose of self-worth, self-love and compassion for others as well as a keen set of tools to manage stress and change.

Employees will perform better in their jobs if they perform better in all aspects of their life - mental, physical, spiritual, and emotional. Numerous studies show that employees who are happy, stress-free and healthy are naturally more positive, motivated, self-confident, engaged, creative, efficient and productive. In addition, these employees are less likely to be depressed, ill or stressed, **leading to decreased absenteeism, decreased health care costs, and increased bottom-line.**

A group of people are dancing at sunset. In the foreground, a woman with long dark hair is seen from behind, wearing a white t-shirt and a black backpack with the text "EXCITED ABOUT LIFE" in white. The background shows other people dancing and the warm glow of the setting sun. The overall mood is joyful and energetic.

EMPLOYEES WHO FEEL SELF-EMPOWERED ARE MORE LIKELY TO HAVE:

Sharper decision-making + problem-solving skills.

Increased creativity, energy + passion.

More effective team dynamics.

Better ability to manage conflict + challenges.

Reduced turn-over + sick days.

Increased morale.

Improved communication skills.

Stronger + more compassionate leadership skills.

An openness to change.

"With a compassionate and positive attitude, Debbie guided our staff through an emotionally charged transition. Her communication style and strategic business acumen brought out the best in everyone."

- Board President, Media Company

SELF POWER NOW! ADDRESSES EMPLOYEES' LIVES ON EVERY LEVEL

The SELF POWER NOW! program is a series of four life-changing, online courses created by Debbie Gisonni: self-empowerment catalyst; holistic life coach; best-selling author and corporate consultant.

The series helps employees identify and modify restrictive thoughts and behavior and empowers them to realize their full potential in contributing to their success in both life and work.

In each 6-week course, delivered in both written and audio formats, with a personal (not institutional) approach to content, Debbie shares her life experiences, practical strategies, meditations and fun exercises to help employees navigate the ups, downs and stress of everyday life and work, from the trivial to the tragic.

The SELF POWER NOW! series is holistically designed to address, integrate and balance all areas of life - mental, physical, spiritual and emotional. Guided meditations are encoded with Theta brain wave binaural beats to promote deep relaxation and positive change.

The Four Courses:



In the **SELF POWER NOW!**
courses, your employees will
learn how and why to:

Give up guilt and fear.
Decrease stress and illness.
Eat and exercise to feel and look awesome.
Be grateful, even during the darkest of times.
Cultivate compassion for themselves and others.
Attract good relationships and leave toxic ones behind.
Stay positive, even when things go wrong.
Increase abundance in all areas.
Find purpose in life and work.
Relax the mind and body.

"Debbie has the rare gift of seeing the big, strategic picture while at the same time knowing the specific steps needed to achieve success in all areas of life. I am a testament of health and vitality, and my business has flourished for the last 22 years thanks to Debbie's steadfast guidance."

- Founder & CEO, Silicon Valley Communications Company

1 BE HAPPY NOW!

The Mental Realm
Reprogramming the
mind for a joyful life.

Discover the thought patterns and beliefs that are blocking happiness. Learn ways to stay positive in any situation, live and work with passion, lighten up, and be grateful.

2 BE HEALTHY NOW!

The Physical Realm
Changing habits and
perceptions for outer success.

Be abundant in all areas of life. Learn to take control of your health, talk to doctors, increase your wealth, boost your career, cope with illness, and improve relationships.

4 BE LOVED NOW!

The Emotional Realm
Loving yourself and others for
a meaningful life.

We all want to be loved, but that process must begin with loving ourselves first. Learn how to be compassionate, kind and generous to ourselves and others.

3 BE ZEN NOW!

The Spiritual Realm
Connecting to inner wisdom
for peace and clarity.

Chaos doesn't have to be the norm. Learn how to cope with stress, be present, release fear, forgive yourself and others, and live with integrity.

SELF POWER NOW! WAS CREATED BY A CORPORATE LEADER

*Self-Empowerment Expert/Author/Speaker/
Host/Corporate Consultant*

Debbie Gissoni, creator of SELF POWER NOW! is no stranger to the corporate environment. She's had over two decades of leadership and C-suite positions across a broad range of industries such as publishing, health and wellness, metaphysics, television, hospitality and high tech, leading teams of people in their personal and professional success. She has cross-functional expertise in sales and marketing management; internal and external communications; public speaking and media training; writing and storytelling; personal growth and development; meditation and mindfulness. As one of the first and youngest female magazine publishers in high-tech, she has been a role model and mentor for women of all ages.

Since 2000, Debbie has consulted with corporate and nonprofit organizations in the areas of organizational development; business and marketing strategy; and internal and external communications. She is the author of three personal development books, and an inductee in the Happiness Hall of Fame - an organization that recognizes special people who have advanced the cause of happiness throughout the world. Other inductees include celebrities such as, Deepak Chopra, Serena Williams, Taylor Swift, Dolly Parton, Bubba Paris, Steph Curry, Jack Canfield, Gordon Ramsey and Julie Bowen. In all of her work, Debbie inspires people to make simple changes that radically improve their self-awareness, well-being and success.

Debbie has addressed audiences from corporate executives to women's groups to students. Her articles have appeared on numerous publications and platforms, including Huffington Post. She holds a B.S. in Business Administration, and certifications in Health & Life Coaching and Hypnotherapy.

"Debbie has a natural ability to combine business strategy with individual personal growth and human dynamics."

Co-Founder & Board Chair, Event Center

Debbie Gissoni



SELF POWER NOW! IS EASY TO ADMINISTER AND COMPLETELY PRIVATE.

The SELF POWER NOW! courses are delivered to registered employees weekly, combining both written and audio format, and can be taken in any order.

- Each 6 module course takes no more than 15-20 minutes to review and contains:
- A Guided Meditation
 - Easy-to-digest essays, audios and articles
 - Affirmations
-

Each module has suggested *HomePlay* exercises to fortify learning and everyday habits. The entire program is self-directed and on-demand, so your employees can go at their own pace with complete privacy. And, if your employee enjoys a social environment, they can share their ideas and experiences with other participants in the discussion sections of the learning platform.

SELF POWER NOW! is offered to organizations of all sizes at affordable price points on an annual basis.

Sample modules are available for review.

Contact: Info@selfpowernow.com



SELF POWER
NOW!™

BE HAPPY, HEALTHY, ZEN & LOVED.

SAMPLE COURSE MODULES

1

BE HAPPY NOW!

The Mental Realm – Reprogramming the mind for a joyful life.

- Course Introduction - Be a Pollyanna

Bonus Material: 11 Positive Things to Do When Your Dreams Don't Come True

BE HEALTHY NOW!

The Physical Realm - Changing habits and perceptions for outer success.

- Get Addicted to Health

Bonus Material: Best Practices for Nutritional & Exercise

2

3

BE ZEN NOW!

The Spiritual Realm - Connecting to inner wisdom for peace and clarity.

- Downgrade Stress

Bonus Material: 12 Ways to Release Stress

7 Ways to Have Fun Without the Stress During the Holidays

BE LOVED NOW!

The Emotional Realm - Loving yourself and others for a meaningful life.

- Change Your Story

Bonus Material: Love, Love, Love
Perfection is Overrated. Be Happy Instead.

4