



PRESENTED BY  
**NFP**

In today's world of non-stop notifications and work-life overlap, modern day-stressors and lifestyle are leading to burnout and unfulfillment. This virtual webinar will empower attendees with the knowledge and tools to make the changes necessary to thrive, both personally and professionally, in the new year and beyond.

**By joining this webinar, you'll learn about:**

- The five fundamental building blocks of happiness and resilience.
- Using mindfulness to manage the negative thoughts that hold us back.
- Rewiring our brains for positivity and resilience through neuroscience.
- Evidence-based research on well-being from the leading scientists who study human flourishing.

**Bonus material:** Comprehensive workbook to guide participants in making the changes necessary to thrive.

## MEET THE HOST



**Doreen Davis**  
SVP Well-Being & Engagement, Atlantic Region, NFP

## MEET THE SPEAKER



**Ally Meyers**  
Certified Executive and Positive Psychology Coach

Learn more about Ally



# MAKING SELF-IMPROVEMENT STICK: STRATEGIES FOR THRIVING IN OUR MODERN WORLD

## WHEN

Tuesday, January 16, 2024  
Noon – 1:00 p.m. ET

## HOW TO REGISTER

Visit [go.nfp.com/self-improvement](https://go.nfp.com/self-improvement) or scan this code with your phone!



## WHO CAN ATTEND?

This session is open to all NFP clients and clients' employees. It will be recorded and made available to registrants who are unable to attend.

## QUESTIONS?

Email NFP's Atlantic region Well-Being team at [NFPAtlanticWellbeing@nfp.com](mailto:NFPAtlanticWellbeing@nfp.com)