

Wise & Well Webinar Follow-up Resources

Embrace the Power of "Flow State" for a Thriving Year



Thank you for joining us on our recent Wise & Well webinar, Embrace the Power of "Flow State" for a Thriving Year. We hope you found the information to be helpful and educational. The recording, slide deck, HRCI certificate and other supplemental resources can be found below.

- [Webinar Recording](#)
- [Slide Deck](#)
- [Flow Article](#)
- [HRCI](#)
- [For Business Leaders](#)

EXOS Contact Information

- [Jeff DiBiaso](#), Vice President - Strategic Business Development. For specific questions related to EXOS and/or Flow, please contact Jeff at jdibiaso@teamexos.com

- [Dr. Chris Bertram](#), Presenter and Senior Director of Applied Neuroscience at EXOS

