CULTIVATE RESILIENCE

Many of us are **STRESSED OUT** in our post-pandemic world of hybrid work, heightened performance expectations, and economic instability.

Improve your **PRESENCE**, **PERFORMANCE**, and **PRODUCTIVITY** by learning to **MANAGE UNCERTAINTY**.



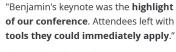
Three-quarters of adult Americans say that stress is negatively impacting their health. And more than a third of all Americans say that stress leaves them feeling completely overwhelmed daily.

At work, stress can lead to lower productivity. At home, to withdrawal or volatility. And stress has a real impact on our physiology; how we feel, and our susceptibility to disease.

WHAT CAN WE DO?

In his 1:1 engagements and interactive workshops, **Benjamin Wagner** shares practical tactics and lessons learned during his 30-year career as a global executive at MTV News and Facebook, and the making of his documentary on stress and resiliency, Friends & Neighbors.

- Gain insights into the nervous system and social-emotional regulation
- Practice simple steps to transform the way you manage everyday uncertainty
- Build positive, present, and productive community and culture
- Gain evidence that positive transformation is possible



- Charlie, Mill Summit

"Benjamin's message was spot on, and his delivery was stellar."

- Jen, Leadership Delaware

"Benjamin's wisdom comes from vulnerability and lived experience wrapped in humor and compassion."

- Zach, Gather & Grow

"Benjamin's **engaging approach** made his workshop **an invaluable experience**."

- Chambrel, UPenn



CONTACT BENJAMIN TO IMPROVE YOUR PRESENCE, PERFORMANCE, AND PRODUCTIVITY TODAY.

www.benjaminwagner.com

benjaminbwagner@gmail.com







