

# Sara Oliveri

## Coaching & Consulting

Training organizations to build productive & engaging work environments.

# Signature Seminars

All seminars focus on **Leadership Development & Employee Engagement Strategy** and will be tailored to the unique needs of your organization.

## **Happiness at Work: How to Boost Positive Emotion for Innovation & Productivity**

Organizations reap substantial benefits from creating positive work experiences for their employees. Not only is the creation of a positive work environment a meaningful achievement itself, research indicates that employees who experience positive emotion at work are more innovative, productive, and committed to their organization.

Fifty-nine percent of employees who experience happiness at work say that their job brings out their most creative ideas, while only 3% of employees who don't experience happiness at work say the same (Gallup). Organizations in which employees report a great deal of positive emotion outperform competitors by almost 2.5 to 1 in shareholder value (Sirota). Happiness is the secret sauce that gives successful organizations an edge over their competitors.

### **Training Outcomes:**

- Learn how to implement simple actions and cognitive habits that are proven to increase happiness daily.
- Boost creativity and innovation among employees.
- Enhance employee engagement, loyalty, and morale.
- Increase productivity.
- Increase value to members and shareholders.

## **The Science of Appreciation: Tapping into the Secret of Organizational Success**

According to the U.S. Department of Labor, the number one reason that people leave their jobs is that they "do not feel appreciated." Across industries and job levels, employees report that it is "extremely important" for them to "feel appreciated." Despite this, 65% of Americans report in a Gallup study that they received no positive recognition at work within the past year.

Unfortunately, there is a significant gap between the level of appreciation managers believe they give and the amount employees report having received. Research indicates that different personalities require different styles of recognition. This training will teach your leaders to understand the unique communication needs of individual employees and the most effective ways to show appreciation.

### **Training Outcomes:**

- Receive a comprehensive report on the unique appreciation style of each individual employee.
- Learn how to make employees feel valued and appreciated.
- Increase retention and productivity.
- Improve synergy among teams.
- Save money while increasing employee engagement.

## **Stress Less, Work Better: How to Manage Stress and Increase Achievement**

Why, in an ever-changing marketplace, do some organizations collapse while others flourish? The answer is simple; organizations that thrive are made up of people who know how to manage stress. Unmanaged stress is impeding the growth of American organizations; 51% of U.S. employees report they are less productive at work as a result of stress (American Psychological Association).

Individuals with strong stress management skills produce consistently high quality work, generate more profit, and help motivate their colleagues. Participants in this training will be equipped with a stress management toolkit that will enable them to remain productive during challenges, encourage their peers, and eliminate minor stressors from their daily lives.

### **Training Outcomes:**

- Learn proven techniques including cognitive exercises, physical activities, and daily routines to manage big and small stressors.
- Decrease stress and tension among employees.
- Increase ability to rise to the occasion and excel through change.
- Boost employee performance and consistency.
- Enhance organizational stability and growth.

Contact us at [sara@saraoliveri.com](mailto:sara@saraoliveri.com) or 202-681-5483 to learn more about how we can help your organization achieve higher levels of performance.