



How to Stay Smart:

Helping leaders develop healthy habits that
enhance cognitive performance

Brain maintenance program that teaches leaders how
to focus and concentrate, minimize headaches and
brain fog, remain calm when under stress, and feel at
their best throughout the work day.

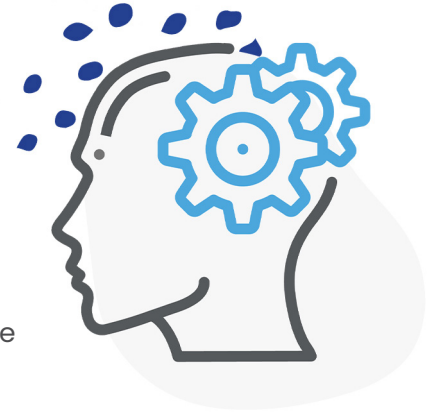
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Organizations need leaders who are sharp, emotionally intelligent, able to focus and make sound decisions under pressure. They need leaders who are present and available for their teams.

The performance of your leaders suffers when they struggle with brain fog, unreliable memory, mood swings, the mid-afternoon slump, headaches, joint pain and overwhelm when faced with increased stress or added complexities. It's like having a computer freeze in the middle of a 40-page report or a website that's painfully slow to load – a computer that needs maintenance... Well, like computers, brains need maintenance too!

How to Stay Smart is a brain maintenance program that teaches leaders how to focus and concentrate, minimize headaches and brain fog, remain calm when under stress, and feel at their best throughout the work day. How to Stay Smart teaches leaders how to maintain and optimize their cognitive health, and provides the tools, knowledge and habits to ensure they are always at their best.

Benefits

- Discover the 6 types of hunger and how they impact your ability to focus during different times of the workday
- Understand the types of nutrients that the brain needs for optimal performance at work, at play and for longevity
- Discover the link between stress and the brain's energy requirements so that you can prevent burnout
- Identify the two types of fuel that your brain relies on throughout the day
- Practice emotional intelligence in the context of brain health
- Establish healthy habits that help prevent cognitive decline at any age
- Create a personal plan for how to optimize your cognitive performance

Intended audience:

For any leader who is experiencing "brain fog", mid-day energy slumps or low-level fatigue, difficulty changing habits, common headaches, too tired to make big decisions, you can't think until you've had coffee, or if you find these things are manifesting with other physical symptoms.

*This workshop can be expanded into a 3-month health & wellness challenge that a whole team can participate in together.

Team and Leadership Development Programs

Our clients are organizations that care about their people, and want to empower them to excel as creative thinkers, problem solvers and collaborative leaders.

Our suite of team development courses, team building activities, and leadership training, are carefully designed to make a lasting impact. In addition to the Team Charter workshop for hybrid and remote teams and their leaders, we offer interactive sessions focused on providing the knowledge, tools and skills for enhanced creativity, collaboration, and well-being.

Training Formats

All our workshops can be delivered as a half-day or full-day session, in a virtual, in-person or hybrid format. Our expert facilitators will guide participants through a dynamic blend of experiential exercises, group discussions, personal reflections, science-backed presentations, and provide personalized coaching within the workshop. This ensures that participants not only gain valuable insights but also have the support needed to seamlessly apply the lessons learned to their daily work and personal life. Count on us to help you and your teams achieve meaningful and lasting transformation.

Each of our workshops can be taken separately or combined for additional impact.

We customize our workshops to your unique situation and the needs of your team and organization. Email info@neole.ca or [book a free consultation](#). We'll ask you about your organization and team, and your best hopes for the type of transformation your team would benefit from the most.

Team Retreats and Leadership Offsites

Given the investment of time and dollars required for retreats, you want to choose an experience that will have a long-term impact on your team's morale and workplace culture – while also having fun in the process! Your team retreat is the perfect opportunity to deepen trust and respect, strengthen team spirit, and develop better collaboration skills. What matters most is that you actually see a real difference once you are all back to the day to day work.

Whether you want a 2-hour workshop or a 3-day agenda that is expertly designed, the Neolé team will ensure your offsite is productive, transformative and memorable. Our expert facilitators use play-based methodologies, coaching techniques and brain-centric design to ensure every activity has a lasting impact on the whole team.

Need to tackle some serious business while you are all together? No problem! Our experienced facilitators will lead your strategic planning, help you develop Objectives and Key Results (OKRs) and facilitate other important meetings.

Meet Your Instructor



Ginny Santos, CEO, Neolé Creative Thinking Guide and Process Designer, Trainer & Facilitator

Ginny Santos works primarily with organizations that truly care about their people and want a healthy workplace culture that enables and sustains high performance. That's why she founded Neolé, a training, facilitation and event production company that specializes in designing and facilitating team development and retreats that make a lasting impact— resulting in increased engagement, productivity and retention, and most importantly, a healthy workplace culture.

Everything she does is influenced by her drive to have a positive impact, and the practical skills and knowledge she developed while completing a Master's of Science in Creativity and Change Leadership and several graduate certificates in Solution-Focused Coaching, Nutrition Sciences and Productive Thinking. Ginny is also a professor at Wilfrid Laurier University where she teaches creativity and innovation to executive MBA students.

Originally from Spain, she is an entrepreneurial mother, a digital geek and an enthusiastic dancer in the privacy of her kitchen.

Accreditations

- M.Sc. Creativity and Change Leadership
- B.A. of Political Science and Peace & Conflict Studies
- Certified FourSight Presenter and Master Trainer
- Certified Solution Focused Coach
- Certified Nutrition Science Coach
- Certified Stormz Digital Facilitator and Trainer

Testimonials



“Neolé exceeded our expectations. The workshop helped open our eyes to innovation and the areas that we can strengthen as a team to help our corporate culture to be more innovative. We were very pleased at how organized and seamless the facilitation was with participating as large groups as well as entering break-out rooms. It was very engaging and helped us connect. Our team was lacking connection because of COVID. This was the first time that we engaged with each other in a meaningful way. **We felt connected and it felt good**”

- T. Martin, Director of Human Resources. Town of Penetanguishene

“This was so well executed - the pace and skill but above all, the **principled human approach** was foundational to everything you did. I learned a lot and built some confidence for me to take back to my work, the success factors, and .. thank you!”

- Anonymous, Collaboration Workshop

“I think you are a great team which have the **good spirit for education and sharing knowledge**. One of the most important ideas I got through this workshop was the beautiful concept of the diversity of the thinking preferences. No one of these preferences has an advantage over the others, however they complement each other to make the big picture of innovative teamwork. Thanks”

- Sherif Mohamed PhD Candidate at University of Toronto

Past Clients



About Neolé

Remote and hybrid work can improve individual focus and productivity, but it can also lead to significant losses – decreased motivation, ineffective problem-solving, and poorer collaboration. This results in higher stress, staff turnover, less innovation, and lower effectiveness overtime. What if those losses could be transformed into opportunities?

That's what Neolé is all about. We help you transform your hybrid workplace into a wellspring of creativity, collaboration, and high performance. Our unique approach elevates every individual's potential to contribute their best – at work, at home, and within their communities. We do this by designing impactful workshops, training & coaching programs, and facilitating game-changing conversations between leaders and their teams.

Neolé stands out as a training and facilitation company with a 12-year track-record of promoting engagement, enhancing collaboration, and boosting performance in the modern workplace. We use evidence-based methodologies coupled with human-centered design to elevate people and drive transformation.

With roots in Toronto and a reach that spans the globe, our dedicated team of experts, innovators, and collaborators live by the principle of "Better Together". We work in close partnership with our clients to identify their unique needs and devise the most effective strategies to achieve their goals.

We are Neolé, a certified Women Business Enterprise, and a Vendor of Record for the Canadian Federal Government. We stand ready to redefine the potential of remote and hybrid workplaces in partnership with you.

Our customized services include:

1. Team development workshops, training and coaching for high performance all year around
2. Leadership development workshops (online asynchronous learning, virtual live workshops and in-person training options)
3. Team and Leadership offsites or retreats that make a lasting impact on team performance, engagement and workplace culture
4. Engaging your team in the co-creation of a healthy workplace culture that supports high performance
Expert design and facilitation of strategic planning, stakeholder engagement sessions, ideation meetings, and creative problem solving workshops
5. Virtual and hybrid event planning and production (stress-free webinars, meetings and events)

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Visit www.neole.ca, email info@neole.ca or [book a free consultation](#).



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