

“Staff Time Out”

An Inservice to Inspire Inner Strength, Confidence & Wellbeing

Stress, chaos, overwork, low energy, life challenges, the exhausting daily grind...
can all lead to workplace burnout and complacency.

In fact, studies indicate that productivity is affected when employees lives are out of sync. (see [Forbes](#)).

A “Staff Time Out” provides development to renew and recharge the workforce with improved outlooks, fresh attitudes and enhanced wellbeing.

Training Objectives

Participants will:

- Enjoy fun activities and discussions to awaken their potential and increase confidence in one’s ability to maintain sound body, mind & spirit
- Be inspired with the C.L.E.A.R. formula to increase overall wellbeing, examining our natural capacities of Creativity, Leadership, Enthusiasm, Attitude, and Responsibility
- Leave energized and empowered with a simple plan of action to immediately begin enhancing life-work balance

“Staff Time Outs” are available in a 1 to 3 hour format or full-day.

To schedule a “Staff Time Out”, please submit: [Speaker Request Form](#)

For inquiries, [contact Lucy](#)

www.lucyvcantu.com



About the Presenter: Lucy V. Cantú is a Transformational Coach & Speaker. She credits a “wake up call” years ago, along with motherhood, career, and poverty as a child, for landing her in the field of personal & spiritual development. As she learned to overcome personal limitations, her work evolved. In time, she discovered a talent for helping people break through limitations and reach their greater potential. Today, she brings a fresh, new voice to ancient wisdom, inspiring audiences while passionately delivering life-enhancing and life-changing lessons in a style that’s down-to-earth and laced with laughter and grace.

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“Her training is deep yet practical. Her enthusiasm for people is infectious. I trust Lucy to bring her ‘A-Game’ every time she provides training.” Skip Forsyth, Education Specialist, Region 16 Education Service Center

“Passionate in her work...The staff development she provided for my teachers at the beginning of the year was awesome and set the tone for the whole year!” Becky Taylor, Principal, CFBISD

“A remarkable speaker who fills people with inspiration...a gifted speaker who holds more power in a sentence than most can muster up in a full conversation” Mary Villanueva