

The Working Well Board of Directors
cordially invites you to the:



Working Well
Breakfast
Tuesday, February 12, 2019

Breakfast served 6:30-7:30 a.m. Program begins promptly at 7:30 a.m. and ends at 9 a.m.
FSU Turnbull Conference Center (corner of Copeland & Pensacola St)

Advance Registration \$35, Event-day tickets \$40

Purpose of the CEO Breakfast

On Tuesday, February 12, 2019, Working Well will host our annual standing-room-only CEO Breakfast. It began 13 years ago as a small gathering of community leaders discussing how to make their workplaces healthier. Attendance has more than tripled over the past several years and now attracts nationally-acclaimed speakers and thought leaders in the field of worksite wellness – as well as the attention of more than a few CEOs.

We're proud to be on the cutting-edge of health and well-being, both individually and organizationally. The CEO Breakfast serves as a platform to shine the spotlight on both the work being done in Tallahassee as well as the people doing the work. This is where we announce our annual Star Awards, which recognize and highlight the people and organizations right here in Tallahassee who are making a difference.

Don't miss your opportunity to begin the new year with this inspirational and motivating event!

Meet Our Keynote Speaker: James Robbins



James Robbins is a rare mix of management consultant, adventurer and motivational speaker. He was named one of the top 100 Leadership Speakers of 2018 by Inc. Magazine and is the author of the bestselling book, *Nine Minutes on Monday: The Quick and Easy Way to Go From Manager to Leader*. This book was named the 2012 Business Book of the Year by Canada's Globe and Mail. Known for his inspirational delivery, James speaks to audiences worldwide, helping leaders increase their effectiveness at producing results.

Reaching New Heights with James Robbins

In this inspiring CEO Breakfast presentation, James Robbins will share life lessons from expeditions around the world combined with recent research from the fields of social psychology, the neurosciences and human performance to help your staff and colleagues make a shift in how they see themselves within your organization.

James also helps your staff ready themselves to face their fears, take risks, find strength to persevere in tough times and contribute to the team. With stunning images and compelling tales, this session will challenge you to quit settling for average, whether in life or business, and outline the steps for reaching new heights.

Another Great Training Session Following the Breakfast!

For the first time last year, Working Well hosted a Leadership Training with our speaker immediately following the Breakfast. Our goal was 40 attendees, so we were thrilled when 110 people registered! The training received rave reviews and proved to us that our workforce values high-level training designed to help its organizations and employees thrive.

So we are excited to announce that we will offer a wonderful training opportunity this year as well! Our Breakfast Keynote Speaker James Robbins will conduct a Leadership Training on his best-selling book *Nine Minutes on Monday*. The training will be held immediately following the Breakfast at the FSU Turnbull Center, 9:30 AM-12:30 PM. The cost is \$129 per person for this 3-hour interactive session, which includes an accompanying workbook. Gold, Silver and Training Sponsors receive the discounted rate of \$99 per person on unlimited training registrations.

*** NOTE: Breakfast and Training registrations are independent of one another. Participants may register for either one, or both. (Of course, we vote for both!)

“Nine Minutes on Monday” Leadership Training

Nine Minutes on Monday: The Quick and Easy Way to Go From Manager to Leader is a simple framework that is now used by tens of thousands of leaders worldwide to help raise productivity, boost morale and increase employee engagement. In today’s workplace environment, it’s easy to become task-focused, creating work teams operating below their true potential.

Nine Minutes on Monday combines proven engagement drivers and principles of human motivation into a simple system of execution. No matter how busy you are, this proven framework will keep your managers from getting lost in the weeds with simple techniques that will ensure your staff are motivated, inspired and equipped to bring their best to work each day.

Leadership is a privilege, not a job. And everyone is a potential leader. So, whether you are the CEO of your organization or a new employee starting out, this training will enable you to unlock that potential and ignite growth, organizationally and individually!

This Year's "Winners in Wellness"



Working Well
Star Awards

Recognizing outstanding Wellness Programs at Work

Join us in applauding the organizations who are making our workforce and community healthier! Award categories include **Recognition**, **Innovation** and **Inspiration**.

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Registration requested by February 1, 2019

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For more info & to register online: WorkingWellToday.org/CEO-Breakfast
or contact: Mary Barley (850) 509-1953