

SurTHRIVAL of the Fittest

The history books will refer to “The Crisis of 2020”; if we do not intervene, they will speak to “The Collapse of 2021.”

But there is hope.

Stress happens in the body. That means that the emotional, mental and physical impact of stress, also happen in the body. Safely navigating recovery and moving from surviving to thriving, requires hope, and a map.

Sylvia and Sonia call this map, and its navigation, “SurTHRIVAL of the Fittest.”

You are worried about your people. Even some of those that were thriving before, no longer are. The chain reaction of events ignited by 2020, is impacting our lives and our bodies *right now*. The damage is surfacing as increased struggles with mental health, fatigue, brain fog, unexplained symptoms, and illness. If we do not intervene, this dangerous chain of events will reach a point of no return.

The safety implications and the financial nightmare that this will create is not hard to imagine. Intervention just became the new prevention.

In this presentation you will be given:

1. A unique and valuable understanding of how stress effects the mind AND body.
2. A series of exercises designed to create a profound awareness of what it feels like to be in charge of your own wellbeing.
3. The “SurTHRIVAL of the Fittest” map, accompanied by expert insights, tools and strategies for successful navigation.



Sylvia Marusyk is the founder of Mindbody Works, a frequent international keynote speaker, “activational” mentor, and former radio show host who uses her 30 years of experience in Occupational Therapy to challenge the way we look at corporate health and wellness. Learn more about Sylvia [here](#).



Sonia Funk is the founder of The Whole Avocado, a Registered Nutritional Therapist and an employee wellness analyst and strategist. Her collaborative approach to wellness has had global impact as she continues to educate audiences on the importance of nutrition and wellness. Learn more about Sonia [here](#).

Sylvia Marusyk and Sonia Funk are experts in the fields of health, wellness and safety. With decades of international work and experience between them, they bring a dynamic, empathetic and evolutionary perspective to stress and recovery. They will provide real, actionable tips and insights to help you prevent the collapse of your people.

Contact Mary-Ann Chartrand at Top Safety Speakers to book your presentation or workshop and learn how you can move out of surviving and into thriving.

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