

Commitment Conditioning Presents

Positively Balanced

In this fun, active, and *interactive* 3-hour workshop, Jonathan will reveal the stress that can build from **Role Overload** (having too much to do within a single role), and **Role Interference** (where the different areas of your life impact negatively on one-another).

Jonathan will also show you how too much stress can cause us to be less creative at the moments when we need to be the *most* creative! Drawing from proven research in the field of Positive Psychology, Jonathan will teach you some simple and refreshing ways to reduce your stress and release the creativity you'll need to meet your daily challenges.



Jonathan Zinck earned his Bachelor's Degree with Honours in Psychology from Dalhousie University in Halifax, and is a **Charter Associate of the International Positive Psychology Association**. Living in Timmins for the last 10 years, Jonathan has been working to motivate and inspire people to take care of their bodies and minds through workshops and coaching.



Commitment Conditioning

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