



## COVID SUCKS! – Staff Remotivation Sessions

### ***At a Glance:***

<b>Recommended length of session:</b>	<b>1 – 2 hours (4 Sessions)</b>
<b>Method:</b>	<b>Delivered via Zoom</b>
<b>Dates/Times:</b>	<b>Flexible based on your needs</b>
<b>Participants:</b>	<b>Can be adapted to all ages (elementary – elders)</b>
<b>Hours to be Determined:</b>	<b>Flexible based on your needs</b>
<b>Pricing:</b>	<b>Varies based on content, schedule, dates/times, resource materials, number of participants</b>
<b>Resource Material:</b>	<b>This session will include one activity sheet</b>

This is a series of sessions that can be done at different times to assist staff with staying positive, staying focused, being creative, keeping connected and getting through this trying time. The times and focuses can be adjusted based on your individual needs of your organization. Dave guarantees to keep the same energy and provide a wide variety of techniques and ideas to help you carry on.

The session will ask and challenge participants to look back, look within, and more importantly, look forward to understanding the pandemic and how it relates to our emotional well-being, while giving tips and sharing thoughts on how to navigate through this new way of living.

Dave and his team will ignite, excite and stimulate all to share, to trust, and to engage in a new exciting journey to love themselves.

Email now to find costs, choose target ages/groups, pick times, and discuss more details.