

ANTHONY POPONI

CULTURE · LEADERSHIP · CHANGE

OUR WHY

Engagement, morale and burnout are trending in the wrong directions, and this is both crippling workplace performance and a loss for the worker as well. Work is an incredible opportunity to for joy, fulfillment, developing mastery, building relationships and achievements – **all of which are core to happiness.**



Yes, work can be hard, and the hard parts aren't going away completely but workplace challenges are a lot easier to navigate **if we invest in our teams and ourselves** to build cultures founded in trust, honesty, respect and teamwork.

OUR OUTCOMES

- Your team communication is transformed by establishing trust as a foundation to build on.
- Your leaders will be flexible and embrace the diversity of viewpoints and skills necessary to dynamic workplace challenges.
- A new culture of well-being improves performance, retention and recruitment.

Our presentations strike the balance between interactive, actionable and fun! Presentations can be delivered as keynotes, workshops or in sequence inside of intact workplaces.

01



THE HARD PARTS OF WORKPLACE HAPPINESS

Work is an incredible opportunity to provide happiness, meaning, purpose and fulfillment in our lives. There are hard parts to happiness and honoring the hard parts of mastery, growth, and leadership convert opportunity into action.

02



MASTERING CHANGE & CHAOS

Change and chaos never truly disappear, but morph to new forms and challenges. Anxiety, stress, and discomfort are a natural response to taking on new challenges. When reframed as steps towards growth and mastery, we can harness these emotions into positive action.

03



HAPPY FIRST, SUCCESS FOLLOWS

Negativity bias is a default setting we need to overcome to unlock our team's potential. Investing in your team's mindset, building strong workplace relationships and their internal resources is investing in their success and wellbeing at the same time.

“The Perfect Mix of Informative and Funny! I had the privilege to hear Anthony speak live, and I do not use the term lightly. He is an incredible speaker and blended information from his expertise with humor exquisitely. I loved watching him speak...it was like watching a stand-up comedy show where I learned something. If you're considering Anthony for your event, stop considering and book him. You won't regret it.” - **Robert H. LFS**

BUILDING HAPPY LEADERS

Leading from our primary style and strengths matrix is energizing, effortless and natural. Our primary style, or default approach, has value. It also has tendencies and blind spots. To tackle the complex challenges of a dynamic workplace, we need to engage the diversity within our teams.



CHANGE MANAGEMENT


Uncertainty, chaos and change create anxiety which powers the fight-or-flight parts of our brain and steals power from our internal supercomputers. A reframe on change, challenges, and stress as the strategic discomfort on our path to mastery flips our mindset.

HIGH TRUST CULTURES

High trust cultures are high performing cultures. The behaviors of high-trust teams are built through a slow cooker process in a microwave society. Though trust takes time to build, the results are exceptional. Investing in trust is a win-win and critical to both team success and core to workplace wellbeing.

STRESS, BURNOUT & BALANCE

What is the message behind stress and how can we harness stress and convert it into action? Defusing and decoding stress can help maintain performance and productivity in high-demand environments. Prevention of burnout requires the commitment of both the individual and the workplace.



Our preferred delivery method at conferences is two hours to allow for interaction and application. In workplace settings we offer programs in half or full-days and ideally in sequence over weeks or months whenever possible to shift habits.

NEGATIVITY & SELF-SABOTAGE

Negative emotions are natural and valuable as is stress in doses. When under stress we can revert to patterns of self-sabotage that have served and protected us in the past. Awareness of these patterns and using tools on mental fitness can reduce the noise inside of our heads and get us out of our own way.

HUMOR IN THE WORKPLACE

Humor is so much more than just laughter and a dose of neurochemical induced smiles. Humor defuses stress, improves our health, affects how others perceive our leadership, enhances our creativity, innovation and the social bonds proven to be so critical to success.

PURPOSE, HOPE & OPTIMISM

Understanding your why creates a directional “north star” and a deep reservoir fueling our resilience and grit. Hope and optimism are more than mindset and when activated we can stay the course amidst the inevitable setbacks and challenges necessary for progress.

PAST CLIENTS



“Since the retreat, I have noticed a great improvement in overall teamwork, employee morale and engagement. The high energy and motivation coming resulting from the work at the retreat carried over into increased productivity when we returned to the office. Thank you for your leadership and workshop-style retreat agenda that helped me and our owner accomplish the desired messaging and implementation of our new mission and strategy.” – **Garret B, President, CO West Transportation**

FOCUS ON THE 40© PRINTABLE RESOURCES

Our Focus on the 40© resources are focused on actionable strategies and tools to be used by individuals or teams to improve workplace performance.

HAPPY LEADERS HAPPY TEAMS

Uncertainty, chaos and change create anxiety which powers the fight-or-flight parts of our brain and steals power from our internal supercomputers. A reframe on change, challenges, and stress as the strategic discomfort on our path to mastery flips our mindset.

THE LIL BOOK OF WORKPLACE HAPPINESS

Uncertainty, chaos and change create anxiety which powers the fight-or-flight parts of our brain and steals power from our internal supercomputers. A reframe on change, challenges, and stress as the strategic discomfort on our path to mastery flips our mindset.

Also available at www.anthonypoconi.com.



THE HOW OF WORKPLACE HUMOR - TRUST BUILDER – STRESS BUSTER

GET TO KNOW ANTHONY

Watch videos, listen to podcast interviews, read his full bio, and client reviews.

<https://anthonypoponi.com/meetingprofessionals>



BOOK A DISCOVERY CALL

<https://anthonypoponi.com/contact>

MEMBERSHIPS & CERTIFICATIONS

