



The Power of ANTS

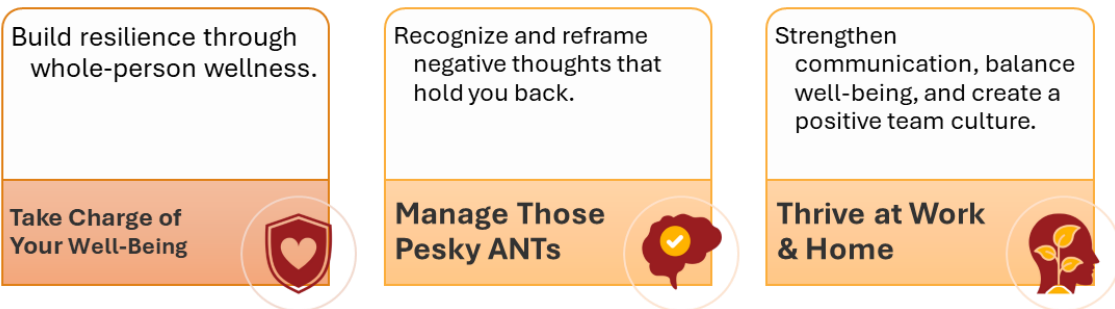
Transforming Automatic Negative Thoughts by
Actively Navigating Towards Success

Build Resilience. Strengthen Teams. Thrive Together.

Learn how to shift negative thinking into empowering choices that enhance well-being, boost engagement, and create stronger workplace cultures.

In today's face-paced world, maintaining a positive and resilience mindset is essential. Research shows that **Automatic Negative Thoughts** (ANTs) can undermine individual and team performance... disrupting focus, lowering morale, and reducing productivity.

The Power of ANTS Program



What You'll Gain:

- Recognize and manage those pesky ANTs that hold you back
- Build resilience and maintain focus in challenging situations
- Strengthen communication and collaboration
- Enhance well-being and achieve better work life balance

Program Options

To meet your scheduling needs, the Power of ANTs workshop is available in two flexible formats:

- **Five biweekly sessions**—Spread out learning for deeper practice and integration
- **Two full-day sessions**—An immersive experience to accelerate results



Book a Power of ANTs workshop for your team today!

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