



Take the Burnout Risk Assessment



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Buzzwords Reimagined


STRATEGIES TO FOSTER WELL-BEING AND DRIVE PERFORMANCE




65% of employees experienced burnout last year. With significant negative effects on productivity, morale, creativity, and retention, investing in strategies to address and prevent burnout is more crucial than ever!

At EzraSage we help you **boost retention** and **attract top talent** by balancing high performance with proven strategies that support emotional well-being, ensuring your workforce remains engaged, motivated, and thriving within the organization.


The Four Essential Shifts for Maximizing Well-Being and Productivity



From Reactive to Responsive
PRACTICE: The 90-Second Reset



From Surface-Level to Deep Connections
PRACTICE: The Two-Minute Connection



From Overwhelmed by Stress to Strengthened by Stress
PRACTICE: Stress Reappraisal



From Stalled by Setbacks to Rebounding with Resilience
PRACTICE: Micro Resilience Breaks

Ready to create a workplace where well-being fuels productivity?
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