



## Energy Boost Workshop



School  
of Psychology



Israel's geo-political situation creates ongoing burnout among many people and organizations. Especially in these times, it is important to pay attention to ourselves — to notice how we recharge our energy, create positive focus, and move ourselves forward.

The Energy Boost session is an experiential and enjoyable meeting in which participants recharge their energy and learn tools from the world of positive psychology to enhance everyday wellbeing.

### What will we cover in the workshop?

- Emotional processing — How to identify and accept the full spectrum of emotions that arise within us.
- Shifting focus — Ways to preserve hope and motivation even during challenging times.
- Practical tools — How to manage personal energy and move from reactive to proactive.
- Strengthening relationships — The central role of meaningful connections in work and in life.

### Who is this workshop for?

For organizations that want to strengthen the personal and collective resilience of their employees and provide them with practical tools to cope with the pressures of the current period.

\*All lectures can be delivered in Hebrew, English, or Arabic.

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