



TAKING NOTES

Objective 1:

What are some ways I can transform my target audience's health and well-being experience?

Objective 2:

How can I apply modern business approaches to the work I am doing without exhausting my existing resources?

Objective 3:

What are some novel take-aways from this presentation?



FREE RESOURCES

Activities to Incorporate in the Work Day

Take your break with these quick video resources to help you feel re-energized:

[Mayo Clinic Energy Burst Videos](#)

[Mayo Clinic Reset Videos](#)

Royalty-Free Photos

Free high quality public domain photos, illustrations, vector graphics, and film footage.

[Pexels.com](#)

[Pixabay.com](#)

Free Design Programs

Free design tool aimed at beginners and professionals who want to have professional looking materials. It provides access to over a million photographs, graphics, and fonts. The tools can be used for both web and print media design and graphics.

[Canva.com](#)



THINK TANK ACTIVITY

Write down 3 ideas that resonate with you.	Why did you choose these ideas?	How can you incorporate these ideas into your work?