

## The FlipSide Plan's Workshops

**The FlipSide Plan's** workshops are an ideal starting point for organizations that prioritize **health and productivity**. Participants gain useful knowledge, tools, and strategies for professional and personal growth. Sessions are designed to be realistic and engaging, ensuring attendees leave with actionable items, mindful of the fast-paced environment and their busy lives.

### **The Organized Mind: Mastering time through mental clarity.**

Master four strategies to manage time effectively, focus with purpose, and create more meaningful, productive days. [FlipTracks](#)

### **Communications in the Workplace: Thriving with email, teamwork, and productivity.**

Amplify communication prowess with skills for e-work excellence. [FlipTracks](#)

### **Focus Mode: Techniques to maximize performance and minimize distractions.**

Manage distractions and maximize focus to produce quality work in due time. [FlipTracks](#)

### **Effective Meetings: A proven system to create traction and avoid wasting resources.**

Learn how to organize well-thought, valuable, and time efficient meetings by using a structured and proven methodology.

### **Mental Wellbeing 101: Manage emotions, work with your strengths and create flow.**

Discover your strengths, leverage flow, build growth mindset for increased well-being and productivity.

### **Stress and Resilience: Navigate the pressure with grace.**

Learn why stress can be a positive performance driver and acquire four tools to use in real-time to manage the stress response. [FlipTracks](#)

### **Resilience Reset: Strategies for stress management and burnout prevention.**

Prevent burnout and minimize the stress effects caused by working in a fast-paced and highly demanding environment.

### **Work-Life Balance: Manage stress and calm the mind in the long run.**

Identify practices and skills that help to cultivate long-term resilience, balance, mental, physical and emotional wellbeing.

They can be offered as **stand-alone sessions** or bundled into a comprehensive Health & Productivity **series or program**. Workshops are customized to meet each client's specific needs, addressing the demands of competitive professional environments. These 1-hour sessions offer targeted learning and professional development opportunities, available both **online** and **in person**.

### **Mind Management: The skills and the art of balancing thoughts, emotions, and actions.**

Gain mind strength, improve your relationships, and optimize your ability to rest with a toolkit to better manage your mind. [FlipTracks](#)

### **Optimize Sleep: Dream deep and perform strong.**

Discover lifestyle habits and science-based practices that improve sleep. [FlipTracks](#)

### **Goal Setting Strategies: Project Planning meets Self-Care.**

Discover a transformative system and create a personalized quarterly plan for balanced productivity and well-being.

### **Lifestyle Changes: A practical approach to addressing common health concerns.**

Explore common health concerns and identify six lifestyle changes to prevent unwanted conditions, address red flags and enhance wellbeing.

### **Move Forward: Explore the science and solutions for building physical health.**

Discover the scientific benefits of movement and exercise and how to integrate daily activity into a busy life to enhance health.

### **Cracking the Code of Nutrition: Smart choices on food and eating habits.**

Understand the basics of nutrition to optimize health, manage weight, enhance cognition, and sustain energy through small yet impactful choices.

### **Women 40+: Time to flip some habits (a menopause action plan)**

Learn to navigate perimenopause and menopause while at a career peak, using science-based tools and lifestyle strategies. [FlipTracks](#)

### **Men 40+: Strengthening body and mind (an andropause prevention guide)**

Understand the hormonal changes in men after 40 and learn tools and techniques to boost physical performance and mental acuity. [FlipTracks](#)

### Wellness Solutions for Every Role.

#### Practical Learning for Every Shift, Every Site, Every Employee.

Science-backed tools delivered in bite-sized formats that fit into every schedule. The FlipSide provides an easy-to-implement digital solution for health and productivity across your organization, from Senior Management to Primary Workforce, in English, French and Spanish.

### Benefits.

#### Engaging & Effortless:

Employees embrace our seamlessly integrated program.

#### Time-Efficient:

Minimal commitment, maximum impact.

#### Practical & Profound:

Equipping your team with tools for tangible results.

#### ROI Assurance:

Qualitative data to showcase the program's value.

### What client say.

*The bite-sized format allows for seamless integration into busy schedules, ensuring continuous learning without disrupting daily operations. The content is relevant, practical, and delivered in a manner that promotes retention and application.*

*I highly recommend the FlipTracks program to other leaders who seek to foster a culture of continuous improvement and knowledge sharing within their teams.*

*Delna, HR  
Courier Service Company*

*The Flipside program provided tools and resources to our executive team to help us realize greater efficiencies and balance in our days. The strategies provided by the program support our broader, ongoing efforts to build our individual and our collective capacity as present, engaged leaders.*

*Tim, CEO  
Mining Company*

**Flexible Tools.  
Meaningful Results.  
The FlipSide makes Well-being Achievable.**

### Workshop + FlipTracks.

#### Module Selection:

Choose 1 to 8 modules.

#### Workshop Sessions:

Launch the module with an in-person or online live introductory workshop.

#### Content Access:

One or two-year content license.

#### Marketing Support:

Internal materials to streamline program launch and maintenance

#### Learning Resources:

Worksheets, trackers, and qualitative feedback mechanisms.

### Modules.

#### Mind & Time

Practical strategies to optimize your most valuable asset.

#### Manage Stress in Real-Time

Tools to reduce stress and manage it as a positive performance driver.

#### Mind Management

Skills, tools and a framework to better manage thoughts, emotions, and actions.

#### Focus & Distractions

A system to control distractions and maximize focus for high-quality work.

#### Communications in the Workplace

Communication prowess and skills for in-person and e-work excellence.

#### Sleep

Habits, tools, routines and strategies to improve the quality of sleep.

#### Women 40+

Lifestyle strategies to navigate peri and menopause while growing in a career.

#### Men 40+

Tools and techniques to build long lasting health and mental acuity at midlife.

## The FlipSide Plan's Training Programs

The FlipSide Plan **Training Programs** are built to suit **clients' needs**, and they represent an opportunity to dive deeper into wellness topics, offering participants time to practice strategies and tools, and understand how to implement them in daily routines.

The FlipSide recognizes flexibility and adapts the length of the sessions and the program to accommodate the time availability, ensuring **optimal engagement**. Follow-up is always provided after each session with key takeaways, and additional resources for those interested in acquiring a deeper knowledge and understanding.

Training programs are usually supported with private and individual **coaching sessions**, allowing participants to work on their needs and establish a plan of action to create value and traction in their work while improving their health and wellbeing.

They offer a comprehensive and hassle-free experience, providing a seamless "**turn-key**" solution that attends to every detail from internal marketing and communications support, learning material, to post-session debriefing and follow-up.

### Hybrid C-Suite

Equip your executive team with common tools, techniques, and vocabulary to prioritize health and enhance performance in a hybrid work environment. This **6-month** Productivity and Health Training covers time optimization, e-work best practices, stress management, focused work, and sleep habits, all aimed at improving mental well-being in a fast-paced, high-risk industry.

*Over the course of this year, my leadership team has been going through a substantial amount of change... Change is never easy to adapt to and for leaders, it can be taxing to navigate personally,... To make sure we had the right mindset, approach, and energy, we partnered with The FlipSide Plan. They introduced us to their program designed to help individuals find the balance between personal health and professional productivity. Through workshops and one-on-one sessions, they helped us stay mindful of the impacts that food, sleep, stress, and time management can have on our ability to lead and communicate... It was remarkable to learn how decisions about our health directly impact our professional lives and make us more effective. Much thanks and gratitude to them for the partnership.*

CRO, LCBO

### MindFit

A **3-month** program (3 workshops + coaching) in which participants learn to balance work and life, enhance focus, and manage distractions. They acquire strategies to strengthen mental fitness without major lifestyle changes; gain real-time stress control tools, sleep-improving habits, distraction management techniques, and methods to boost focus for higher productivity.

*The Flip Side programs offer goes beyond training; they provide practical solutions for navigating the challenges of stress and achieving work-life balance. The sessions delve into the physiological and psychological impacts of stress while offering effective tools tailored to professionals with demanding schedules. The team behind The Flip Side is exceptionally professional and well-versed in the demands of today's work environment, making their programs a valuable asset for companies seeking to enhance productivity and individuals prioritizing personal wellbeing.*

Founder & Managing Director

### Menopause SOS: Symptoms to Solutions

Professional women are entering the peak of their career at the same time they are navigating through the challenging waters of the menopause stage. This is a **6-hours** training program that can be delivered as a full-day "retreat" experience. It covers stress management and hormonal balance, movement and exercise, food and nutrition and sleep and energy. The goal of this session is for the participants to create their personalized action plan while assisted by four experts and coaches.

*Thank you, Team Menopause for an instructive and so well run and informative day program. So happy I was able to be there and to have taken away some great inputs and action items."*

HR VP, Mining Company

The FlipSide Planner is a 13-week undated tool designed to seamlessly blend project management with self-care, helping you balance health and productivity. Featuring structured sections for self-assessment, goal setting, habit building, and project planning, it empowers you to prioritize what matters most. With dedicated pages for weekly and daily planning, health

tracking, and reflection, the planner encourages intentional living and sustainable habits. Its spacious format allows ample room for creative thinking, drafting, and planning, making it ideal for professionals, creators, and wellness enthusiasts alike. Whether you're managing projects or building a healthier lifestyle, The FlipSide Planner is your all-in-one solution for meaningful progress.

### What client say.

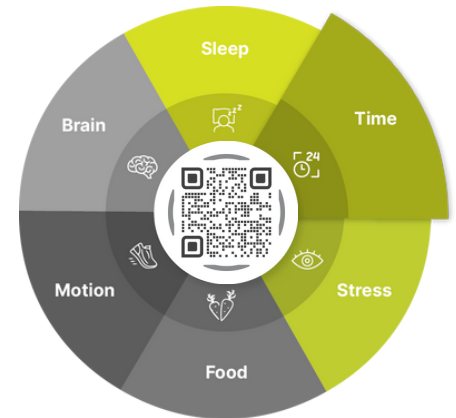
*As someone who juggles various personal and professional responsibilities, The Flipside Planner has been a game-changer for me during Q1-2025. Its structured and reflective approach helped me not only organize my time but also align my goals with my core values...*

*In three words, this planner has given me perspective, clarity, and alignment. Every task I take on now feels intentional, making me more focused and confident in my daily actions. I highly recommend the Flipside Planner to anyone looking for a tool to organize their projects while staying true to their values and long-term goals.*

Sonia, Mining Industry

*The FlipSide Planner has been a true blessing. It's helped me identify my core values and objectives, and, more importantly, given me the structure to focus on what truly matters. It keeps me grounded, clear on my priorities, and motivated to achieve my goals.*

Maria, Artist



www.theflipsideplan.com



#### SELF-ASSESSMENT

Start with a self-assessment to evaluate where you are today and identify strong areas and those needing attention. Answer the guiding questions to set a direction for the quarter. Please don't skip this step as it will help you make choices throughout the quarter.

#### VALUES & NON-NEGOTIABLES

Could you list your core values and plan activities that align with them? For example, if family is a value, schedule a non-negotiable family walk, dinner time, or plan for date nights. Be intentional in nurturing what matters.

#### HABIT BUILDER

Write down new habits to develop, good habits to maintain, or old ones to revive. Note specific actions, frequency, accountability measures, and how you will reward yourself at the end of the quarter.

#### MAIN PROJECTS

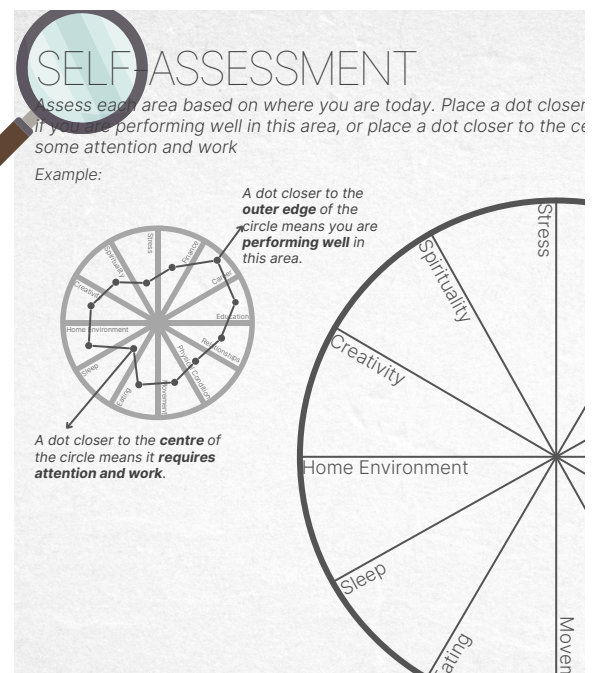
Outline major personal, professional or academic projects for the quarter. Break them into actionable steps and assign deadlines to keep progress on track.

#### MONTHLY PLAN

Map out key meetings, tasks, and deadlines for each month. This bird's-eye view helps you manage your commitments and stay realistic about what you can accomplish.

#### THIS WEEK'S PLAN

End each week by planning the next. Use this section to focus on essential tasks, to reassess mid-week, and to ensure your efforts align with your goals.



The FlipSide Plan Inc. is a global provider of corporate wellness content, workshops, and training sessions for professionals in fast-paced environments, focusing on optimizing productivity and health through science-based tools and techniques.



By integrating six key areas of health: time, stress, sleep, food, movement, and brain health, The FlipSide Plan creates the platform for enhanced productivity, always recognizing that time is the catalyst for change and habit formation.

Committed to imparting education and training on healthy lifestyles and accumulated expertise working with high-performing professionals, The FlipSide equips individuals with tools to achieve balance in a fast-paced working environments.

## Why The FlipSide Plan?

The expertise of Rosana Fernandez (MSc) and Maria Virginia Anzola (LLM) as founders and leaders excels at providing content designed and crafted specifically for professionals and executives in fast-paced, hybrid work environments.

These accomplished corporate women with over 25 years of experience and esteemed degrees provide a unique and realistic perspective as professionals, parents, athletes, and champions of health, productivity and human performance.

## Some Clients.

LCBO, Estee Lauder Company, Impala Canada Ltd, HudBay Minerals Inc, New Gold Inc, Weirfoulds LLP, Gowling WLG, Fogler Rubinoff LLP, EY Central America, Trax Retail.

## About Us.



**Maria Virginia Anzola**  
LL.M, INHC

With a distinguished career as General Counsel and Corporate Secretary for Ascendant Resources Inc (TSX-ASND) and Cerrado Gold Inc (TSXV-CERT), Maria Virginia brings to The FlipSide a wealth of knowledge of the realities of the corporate environment. Her educational background includes a Master's degree from The University of Michigan and Osgoode Hall Law School. She also holds certification as a Nutrition and Health Coach, specializing in corporate wellness. Through her vast experience, she excels in teaching practical and realistic tools to busy professionals operating in hectic environments to optimize their well-being while navigating the demands of their professional and personal lives.

mv@theflipsideplan.com  
+1 416 271-3945



**Rosana Fernandez**  
MSc, INHC

With over 20 years of experience as a project manager in various industries and international settings, and holding an MSc from The London School of Economics, Rosana brings creativity, problem-solving and dynamic expertise to The FlipSide. Also certified in Applied Positive Psychology, Mindfulness, and Integrative Health and Nutrition, her mission is to empower individuals to improve their health while maintaining peak productivity during the height of their career growth. By combining behaviour change strategies, growth mindset and project-management skills, she helps individuals achieve well-being and thrive in their professional paths.

rosana@theflipsideplan.com  
+1 905 334-7113