



PRESENTED BY
NFP

YOU'RE INVITED

CULTIVATING HEALTHY HABITS

This interactive experience will unlock your ability to create healthy habits, both personally and professionally. By the end of the one-hour session, you will have a better understanding of how focus and habits drive the discipline needed to thrive. Hear from Brian Levenson, a mental performance and executive coach, on proven tips and techniques that will help you adopt new, healthier habits that can become part of your normal routine.

In this session, participants will learn about:

- The difference between internal and external focus as well as broad and narrow focus
- Why our brain sometimes gets in the way of habit forming
- The research around how habits greatly impact our decision making
- Ways in which you can make habits stick

MEET THE HOST



Doreen Davis

SVP Well-Being & Engagement, Atlantic Region, NFP

NFP is proud to host ongoing Well-Being sessions to support our clients and our own employees.

MEET THE SPEAKER



Brian Levenson

Mental Performance and Executive Coach

Brian is the founder of Strong Skills, which provides executive coaching and mental performance coaching, speaking, and consulting to elite organizations, performers, and leaders. Brian has been fortunate to work with CEOs, professional athletes, teams in the NBA, NHL, and MLS, Division I athletic departments, as well as the Federal Reserve, Department of Homeland Security, Hilton, Disney, and many other organizations.

WHEN

Tuesday, February 7, 2023
Noon – 1:00 p.m. ET

HOW TO REGISTER

Visit go.nfp.com/HealthyHabits
or scan this code with your phone!



This session is open to all NFP clients and clients' employees. It will be recorded and made available to registrants who are unable to participate live.

QUESTIONS?

Email NFP's Atlantic region Well-Being team at NFPSEWellbeing@nfp.com