Vibrant Business Vibrant Life

JO HASSAN IS A VITALITY EXPERT

At least 1 in 5 Australians experience mental illness each year, and from her own research Jo has found that 10% of business owners are working > 100 hours a week and 5% are working > 120 hours a week.

Jo is that rare speaker at the intersection of business & mental health.

Jo has seen first hand how small business owners are feeling overwhelm and can't remember when they last had family time, a holiday or even a day off when they didn't think about their business.

How they have overload trying to be and do everything for everyone, are working too many hours on too many different aspects of their business and feel like they have their business whirling around in their head 24 hours a day.

If you need a keynote speaker, conference breakout session, workshop or a full coaching program, Jo can take your audience on a journey to increase their VITALITY.

Jo Hassan

About Jo

Jo Hassan's obsession is VITALITY and helping people have more vitality in their businesses and their lives. What makes her unique is that she's lived through her own challenges in having businesses. She has the battle scars through mental health issues having experienced clinical depression and post-traumatic stress dissorder (PTSD).

Her first book "Full Circle - Building Resilience in Business and Life from the Jagged Edges of PTSD" is an Amazon Best Seller.

For the last 30 years she's owned small businesses herself. These have included an electrical contracting business and a pet resort as well as 13 years of business coaching.

Topics

WHY VITALITY MATTERS

What's really going on in the mind of the leader or business owner and why making a thinking shift is the starting point for a more vibrant business and and a more vibrant life.

BUILDING RESILIENCE IN A BUSY WORLD

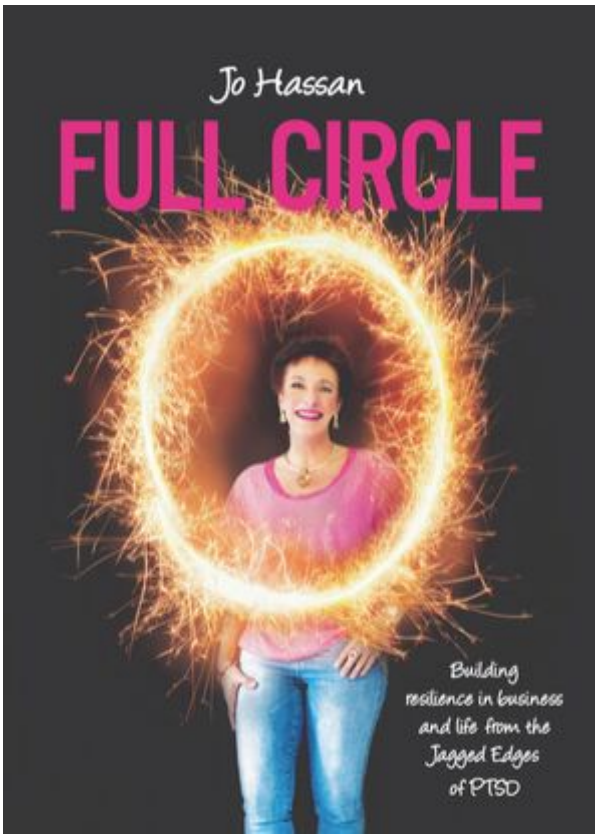
Why planning for pleasure every day is important to thrive rather than just survive. How #WearPinkAndSmileAnyway was a lifesaver: find your own "Pink"... and it may not be a colour!

PEPP UP YOUR LIFE

Business is about so much more than profit. In this case, PEPP = Purpose + Energy + Pleasure + Profit for more balance and vitality in business and life

LEADING A HIGH PERFORMANCE TEAM

Being a strategic leader includes having balance in life and a strategic plan for success. Strategic plans don't just exist in a vacuum though. When leaders know their "why?" they are able to share it which gives their people a purpose and a challenge they are willing to embrace to achieve outstanding results.



+61 7 3350 4874

johassan.com

support@johassan.com

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"Jo's presentation was genuine, authentic, engaging and it was a great learning experience. I would highly recommend Jo to present at your next business event." Vanessa Patience, Amplify Marketing

Jo Hassan