

Why hire Tzeli

Disengagement and burnout are two of the most devastating threats to individual and organizational health worldwide. In the US alone, employee disengagement is costing employers over \$350 billion in lost productivity and absenteeism.

Tzeli Triantafillou offers powerful resources for companies seeking to improve productivity, performance, and employee engagement and reduce employee stress and burnout. Tzeli is available as a Speaker through her company, Myndzen. Her background as a scientist in the field of toxicology and her years of experience as a leader in corporate America give her unique insights and techniques to help companies and employees create work/life balance and deal with stress, burnout, and disengagement.

Effective and passionate leadership was a keystone of Tzeli's career in corporate America with many accomplishments that included:

- Leading a district of seven specialty representatives from last place to first place in the nation in her first year as district sales manager
- Achieving a zero-turnover rate in her district in a year when her company lost fifteen percent of its employees
- Creating a climate in her district that was evaluated as "ideal" by her peers, direct reports, and managers

By implementing the methods that she shares, companies have created work teams that operate at near-peak capacity and experience, resulting in shorter turnaround time, higher performance, and less stress and conflict.

Tzeli brings science to life in her passionate and expert presentations. Although we do not always have the ability to control challenging aspects of our professional and personal lives, Tzeli offers her audiences practical ways to adjust their responses and minimize the impact of stressful situations. Your employees will walk away with a renewed sense of self-awareness and self-compassion and practical tools to protect them from burnout and disengagement.

To learn more about Tzeli 's work or book her to speak please visit her website at myndzen.com