



DR DION

Creating Healthier Worksites

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Workplace Health & 'Fit'ness
Business Success
Workplace Productivity

Relight Your Fire

Whether you are in your own business or work for someone else, many of us are challenged in keeping the 'fire' going. Some suffer boredom at work; others go the other extreme and burn-up to later burnout. Dr Dion shares his experiences of how he 're-lit his fire' after burning out.

Priorities and Parameters

"There is just not enough time!" A common statement used in many occasions of why one cannot or did not get something done. The reality is that we all have the same amount of time. How comes some people get heaps done and others don't?

It's about setting priorities and parameters ...

There is an 'I' in Team

There is a motivational poster stating there is no 'I' in team to highlight teamwork. Rubbish! We need unique 'I's (individuals) to make great teams. This keynote highlights the importance of 'I-building' for team building.

Redefining Balance

Work-life balance – an overused buzz term. But how many people have it? Is there such a thing?" What is this elusive utopia? A big part of our life is work. Some like it. Few love it. Others loathe it. Dr Dion redefines 'balance' so that employees, managers and leaders can implement strategies to create a balance for all.

People = Productivity = Profit

They all go together. Empowered people can lead to increased productivity which adds to the bottom line of a business. Though some may argue linking people and profit is a bad thing, it's not. If a business doesn't have a profit, people won't have a job. Focus in this presentation is on integrating all three to keep everyone happy.

Everyone's A Network

This interactive keynote session highlights that every human being is part of our network at some level. You are usually only about four people away who you 'want' to meet. And it's more than just business ...