

VIRTUAL WORKSHOP

Productivity Power Hour: Crack Your Personal Time Management Code

Boost employee engagement, reduce burnout, and create a culture of efficiency with this high-impact, corporate wellness workshop! In just one hour, Melisa delivers actionable strategies to help employees prioritize, organize, and optimize their time which can lead to increased productivity, reduced stress, and better work-life balance for your teams.

This session equips teams with proven techniques such as the Pomodoro Method for deep focus, the Pareto Principle for prioritization, and structured routines to enhance performance. With over a decade of experience in Human Resources and People Operations, Melisa understands the unique challenges employees face and provides real-world solutions that drive motivation, engagement, and workplace well-being. Give your employees the tools to take back control of their time!

Key Audience Takeaways:

- Increased Productivity – Work smarter, not harder, with time-blocking and prioritization strategies
- Reduced Burnout – Learn sustainable habits that promote focus and prevent overwhelm
- Better Work-Life Balance – Implement routines that maximize efficiency while supporting personal well-being
- Higher Employee Engagement – Help employees feel more in control of their workload and success

Perfect for: Employee wellness programs, professional development workshops, and corporate teams looking to boost efficiency and morale.

Melisa Meral is on a mission to make AI feel human again. She empowers leaders & teams to reduce burnout, elevate engagement, and reclaim their creativity by learning how to partner with technology, not fear it. Melisa seamlessly bridges emotional intelligence and artificial intelligence, guiding audience members to automate what DRAINS and amplify what DRIVES so that they can think, lead, and create at their highest potential.