

Poonam Bhuchar

Speaker, Attorney, Author



LEARNING OBJECTIVES

- Learn to identify your emotional triggers and feel empowered to seek solutions.
- USE my four step S.A.F.E. method to regain control and reclaim your power to take care of your emotional health
- How to lead empathetically and increase productivity at work and as a leader.

REFERENCES

- Tammy Williams or Helena Duzenski from Envisionwell
- Mary Dauden, President of Ellevate Central NJ

BOOK AWARDS

- Maxy Award, Best Self Help Category
- Pacific Award, Best Self Help Category
- Indie Fest Best Self Award, runner up award in Best Self Help Category

Learn more about Poonam Bhuchar:
www.emotionallysafe.com

BIOGRAPHY

Depression, anxiety and insecurity are not just personal problems but are infecting the work place environment too. The 2023 WHO report states that there is \$1 trillion worth of lost productivity for the global economy because of these issues. If employees are not taking care of their emotional health it can leak into a workplace and wreak havoc for a company causing a lack of productivity, numerous sick days off, hostile work environments and ineffective leaders.

When companies place profits ahead of the emotional well-being of their teams the company suffers. In order to have employees feel valued and perform better in the workplace organizations needs to start focusing on employees emotional well-being. Companies need to teach employees to take control of their emotional wellbeing thus empowering them to perform better in the workplace.

By the end of this talk, employees will feel empowered to start taking care of their emotional health and hold themselves accountable so that they can feel more valued, engaged and productive in the work place environment.

TESTIMONIES

Poonam is well-spoken and empathetic, a very engaging speaker. When you listen to her, it feels like you're talking with a good friend. Her heart really comes through, and you can tell she is the genuine article. She offered a great deal of wisdom and insight forged through the fire of personal experience.

~Helena Duzenski from Envisionwell

