

# WELLBEING+

THE WORLD'S GREATEST RELATIONSHIP THOUGHT LEADER

*Dr. John Gray*

**MEN ARE FROM MARS,  
WOMEN ARE FROM VENUS**

IN THE WORKPLACE

**CAIRO 26 SEPTEMBER 2024  
RIYADH NOVEMBER 2024**

NEXUS

# UNLOCK THE SECRETS TO A BALANCED & FULFILLING WORK LIFE

The demands of the modern workplace can take a toll on our well-being and create stress, often disproportionately impacting men and women differently. This workshop, inspired by John Gray's renowned work on gender dynamics, explores how understanding these differences can be the key to achieving a healthier work-life balance, reducing stress, and fostering overall well-being.

## EVENT OBJECTIVES:

- Understand how gender influences our experience of work-related stress and impacts our well-being.
- Identify the unique stressors faced by men and women in the workplace and how they manifest differently.
- Learn gender-specific strategies for managing stress, prioritizing self-care, and enhancing overall well-being.
- Develop practical tools for creating a more balanced and fulfilling work life, tailored to your gender.
- Explore how understanding and respecting gender differences can lead to a more supportive and inclusive work environment.



# UNLOCK THE SECRETS TO A BALANCED & FULFILLING WORK LIFE

## EVENT OUTLINES:

- **Mars and Venus Under Pressure:** Understanding the impact of gender on stress and well-being in the workplace.
- **Decoding Stress Signals:** Recognizing how stress manifests differently in men and women and the potential consequences.
- **Gender-Specific Stressors:** Identifying common stressors faced by men and women at work and how they can lead to burnout.
- **Stress Management for Mars and Venus:** Practical strategies for managing stress, tailored to the unique needs of men and women.
- **Self-Care Strategies:** Learning how to prioritize self-care and create a sustainable work-life balance.
- **Creating a Supportive Workplace:** Fostering a work environment that acknowledges gender differences and promotes well-being for all.



# MARS & VENUS AT WORK

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ACHIEVING WORK-LIFE BALANCE, WELL-BEING, AND STRESS REDUCTION THROUGH GENDER-INTELLIGENT STRATEGIES A FULL TWO-DAY WORKSHOP FACILITATED BY THE LEGENDARY JOHN GRAY, PHD

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### HOW TO GET WHAT YOU WANT AT WORK :

- Increase your profits by giving you the tools to make the sale and keep the client.
- Increase your performance by giving you the tools to improve communication, promote teamwork, and enhance working relationships.
- Increase your productivity by providing a greater awareness and appreciation of the diverse characteristics within each of us - and how these differences can positively or negatively affect productivity.
- Increase your effectiveness by empowering you to overcome frustration and resolve conflict in difficult communication situations.
- Increase your morale by utilizing interactive techniques that will promote respect and build trust.

## WHO SHOULD ATTEND:

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### INVEST IN YOUR WELL-BEING AND YOUR TEAM'S SUCCESS

By attending this event, you'll gain valuable insights into the impact of gender on stress and well-being, learn practical strategies for managing work-related stress, and discover how to create a more balanced and fulfilling work life. Empower yourself and your team to thrive in the workplace while prioritizing your health and happiness.



- **EMPLOYEES AT ALL LEVELS SEEKING TO IMPROVE THEIR WORK-LIFE BALANCE AND REDUCE STRESS.**



- **MANAGERS AND SUPERVISORS INTERESTED IN CREATING A HEALTHIER AND MORE INCLUSIVE WORKPLACE.**



- **HR PROFESSIONALS SEEKING TO IMPLEMENT HIGHLY EFFECTIVE WELL-BEING PROGRAMS THAT ADDRESS GENDER DIFFERENCES.**

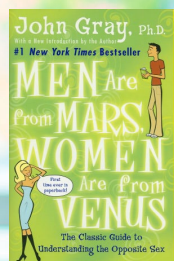
# Dr. John Gray

## JOHN GRAY IS THE AUTHOR OF THE MOST WELL-KNOWN AND TRUSTED RELATIONSHIP BOOK OF ALL TIME; MEN ARE FROM MARS, WOMEN ARE FROM VENUS.

USA Today listed his book as one of the top 10 most influential books of the last quarter century. In hardcover; it was the #1 bestselling book of the 1990s. Dr. Gray's books are translated into approximately 45 languages in more than 100 countries and continues to be a bestseller.

Dr. Gray has written over 20 books. His most recent book is (Beyond Mars and Venus). His Mars/Venus book series has forever changed the way men and women view their relationships.

John helps men and women better understand and respect their differences in both personal and professional relationships. His approach combines specific communication techniques with healthy, nutritional choices that create the brain and body chemistry for lasting health, happiness and romance.



# INVEST IN YOUR TEAM'S SUCCESS

By investing in this training week, you're investing in your team's ability to communicate effectively, collaborate seamlessly, and resolve conflicts constructively. Empower your employees to harness the power of gender intelligence and create a workplace where everyone thrives.

Mars & Venus in the Workplace: 26 September 2024

Mars & Venus for Happy Couples and Family Seminar: 26 September 2024

True Woman Program : 16 - 18 September 2024

	29 AUGUST	12 SEPTEMBER	ORIGINAL PRICE
<b>MARS &amp; VENUS IN THE WORKPLACE</b> (One-day Masterclass)	✔ 9,990 EGP	✔ 12,490 EGP	✔ 14,990 EGP
<b>MARS &amp; VENUS FOR HAPPY COUPLES AND FAMILIES</b> (Two-hour Seminar)	✔ 2,990 EGP	✔ 3,490 EGP	✔ 3,990 EGP
<b>TRUE WOMAN PROGRAM</b> (Three-day Program)	✔ 15,690 EGP	✔ 17,490 EGP	✔ 19,990 EGP
<b>MARS &amp; VENUS AND TRUE WOMAN</b> (Full Event Package)	✔ 23,990 EGP	✔ 25,990 EGP	✔ 34,990 EGP

# UNLOCK THE SECRETS TO A FULFILLING BALANCED WORK AND LIFE



+201050537711 - +201050537722



info@gotonexus.com



www.gotonexus.com



**PRESS HERE**



**For Registration**

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