



LEVEL UP YOUR PERSPECTIVE

Bergeron Well-Being offers transformational leadership development programs, shifting the perspectives of your team and connecting your people with their passion and potential.

CREATED & FACILITATED BY RAMSEY BERGERON, CPC, ELI-MP, CLDS, CWDS

“TRANSFORM YOUR MIND IN THIS VERY MOMENT,
AND YOU’VE TRANSFORMED YOUR LIFE.”
- RAMSEY BERGERON

The pandemic and advancement of A.I. put an unprecedented strain on our workforce at scale, with major ramifications on people's personal and professional well-being.

Now as we reset our company cultures and adjust to new ways of working, leaders are reconsidering how they can best provide for their teams.

WELL-BEING IN THE WORKPLACE IT'S TIME FOR A PERSPECTIVE SHIFT.

A recent Gartner Benchmark Survey of 5,000 employees highlights the responsibility of leadership in fostering well-being within their organizations.

82%

say it's important for their organization to see them as a person, not just an employee

45%

believe their organization actually sees them that way

Source: Gartner ReimagineHR Employee Survey 2020

HOW CAN YOU PUT WELL-BEING FIRST AND TRANSFORM THE CULTURE OF YOUR TEAM?

Bergeron Well-Being helps you to cultivate the full potential of your team by providing your employees personal growth opportunities that foster their well-being, self-leadership, and fulfillment as human beings.

RECOGNITION. EXPLORATION. TRANSFORMATION.

Identify perspectives
of employees & overall
well-being of culture.

Discover new
perspectives and
elevate energy.

Experience more joy &
fulfillment and feel
less stress.

Through coaching, training, and motivational speaking, we share transformational tools to increase individual self-awareness, promote higher levels of engagement, and create a culture where people feel fulfilled.

A man in a blue suit is smiling and presenting to an audience. The background shows a room with wooden paneling and a television screen displaying a group of people in a red-lit room. The text "SIGNATURE PRESENTATION" is overlaid on the image.

SIGNATURE PRESENTATION

YOUR POWER IS IN YOUR PERSPECTIVE

As much emphasis as society puts on trying to establish a "stress-free" lifestyle, how much clarity do we have around what stress is and what is ultimately within our control? In his signature presentation, Ramsey Bergeron creates awareness around how people react vs respond to "stressful" situations and provides tools to view things in a more empowering light.

A natural born storyteller, Ramsey uses examples from his life (including dropping out of an Ironman race, a 10-day silent meditation experience, and the loss of his father and best friend) to illustrate that it's not what happens to us, but how we react that determines our legacy. He connects to his audience using motivation, humor, and vulnerability and empowers them to find the Power in Their Perspective.

KEY TAKEAWAYS:

HOW YOU SHOW UP IS MORE IMPORTANT THAN WHAT YOU KNOW

HOW TO STOP BEING ON AUTOPILOT AND TAKE CONSCIOUS CONTROL OVER YOUR LIFE

IT'S NOT WHAT HAPPENS TO YOU BUT HOW YOU RESPOND

HOW TO SHIFT YOUR PERSPECTIVE IN ANY SITUATION

SHARING THEIR PERSPECTIVE...

"I found Ramsey Bergeron to be one of the most engaging speakers I've heard in a very long time.

He starts engaging with the audience at the lunch table making his presentation meaningful & memorable reminding us that we all have less than perfect situations happening almost every day, but it is all about how we choose to see it & respond rather than react.

The response from many who attended stated he was one of the highlights of the day & they would take his message with them not just in the workplace, but in their home & community."

-Chenise Blalock, Executive Director, Hawaii Independant Insurance Agents Assoc.

"A genuine individual, Ramsey did an incredible job motivated our team. His message of self compassion helped many people as evident from the survey responses we received afterwards. Your Power is in Your Perspective is a talk many of us need right now.

Thanks, Ramsey."

- Carrie Lumia

Wellness Coordinator
City of Goodyear, AZ

" If you or your company are looking to boost your company culture, re-inspire your work force or simply bring awareness to how you're presenting yourself on a daily basis at home or in the office then I highly recommend you give Ramsey Bergeron the opportunity to help you check that box and achieve your aspirational goals."

-Floyd Wolf

Director of Electric Operations
Black Hills Energy, Colorado



Hawaii Independent Insurance Agents Association



Jackson Walker



YOUR POWER IS IN YOUR PERSPECTIVE.

Ramsey Bergeron, founder of Bergeron Well-Being, has been a transformational leader and public speaker in the coaching and wellness industries for over 15 years. His journey has been defined by self-mastery, personally and professionally.

Ramsey went from being a nightclub DJ to becoming the Director of National Field Marketing for JBC Entertainment within the short span of 5 years. In 2006, he started his own business, dedicating his life to promoting well-being and health. His clientele includes everyone from CEOs to professional athletes to everyday people focused on living fulfilling lives.

Today, Ramsey is a Certified Professional Coach, holding numerous certifications from the Institute for Professional Excellence in Coaching (iPEC) with specializations in Leadership and Well-Being Dynamics, as well as the Performance Enhancement Specialization from the National Academy of Sports Medicine.

Ramsey's favorite pastimes include spending time in the outdoors, hosting international retreats, and training for triathlons. (He's completed 8 Ironmans!) Ramsey lives by Eastern philosophies in a modern world, achieving balance through daily meditation and exercise.



RAMSEY HAS BEEN
FEATURED IN MEDIA
PUBLICATIONS AROUND
THE WORLD, INCLUDING:

RUNNER'S WORLD

Men'sHealth

 **Fatherly**

SHAPE


**everyday
HEALTH®**

Prevention.

**MUSCLE
& FITNESS**

LIVESTRONG.COM