



longevity academy
workshops and webinars
for business leaders

#BackToOffice How to do it safely?

Group
meetings from
1500 PLN

Format:



webinars (45-60min)



workshops (2-3h)

Webinars are available in Polish  and /or English 

Theme #1

How to prepare for a return to work after COVID-19

Presenters: Psy.D. Katarzyna Podleska
Dorota Szkodny-Ciołek, PhD

Returning to work after the COVID-19 pandemic can cause a variety of emotions - uncertainty, fear, even irritation. Some will return to their jobs joyfully, others anxiously. Both employees and their managers will have to face difficult emotions and fears about their own and loved ones' health and future.

Our webinar will show you:

- how to deal with anxiety
- how to communicate your needs
- how to strengthen motivation
- how to enhance your immunity



Theme #2

Thank God it's Monday - positive psychology at work

Presenter: Psy.D. Katarzyna Podleska

We all want work to be a source of joy that makes us realize our potential. Who among us does not dream of waking up on Monday excited about going to work? Positive emotions lead not only to better health, well-being and quality of life, but also greater motivation, commitment and creativity. This is what positive psychology is all about.

- how to develop an inspiring and motivating work environment
- how to divide tasks and support social relations at work to provide people with the best opportunities for self-realization, development and obtaining good results
- how to increase individual resources and motivation for employees to be creative, innovative, committed and productive in their work
- What can employees do to make their work more engaging and meaningful to them?



Theme #3

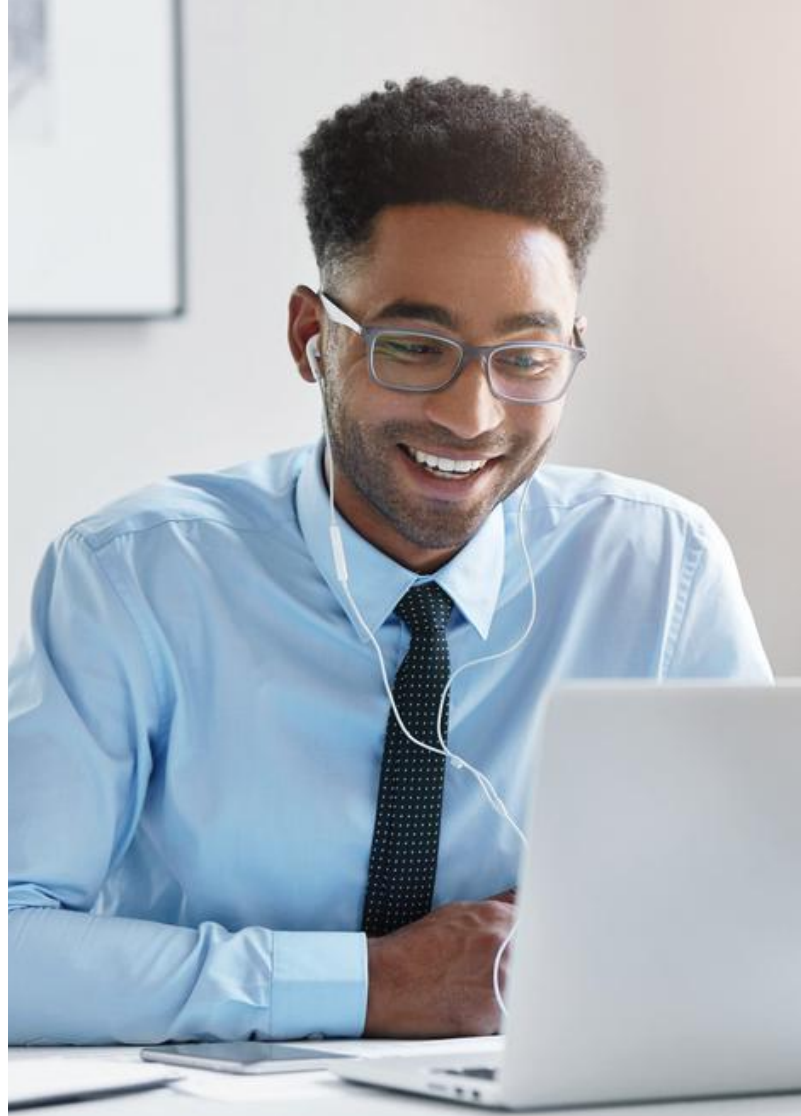
How to deal with "Zoom fatigue syndrome?"

Presenter: Psy.D. Katarzyna Podleska

In the last few weeks, the phrase "Zoom fatigue syndrome" has appeared more and more often on social media, and the number of searches for this term on Google is constantly increasing. When working from home, we all use Zoom or other video chat apps to attend meetings, school activities, family reunions, and other events.

We will discuss:

- why video calls are so exhausting
- whether video chat is more difficult and how it differs from direct communication
- whether the current situation increases the exhaustion of online meetings
- how to reduce Zoom fatigue syndrome
- tips that can make video calls less exhausting



Theme #4

I've gained weight! Help!

Presenter: Wanda Baltaza PhD

The isolation period was challenging for everyone - stress, remote work, limited movement, less motivation, worse food choices. All this could have a direct impact on health, well-being, but also on the figure...

- how to get back to your normal shape
- how to implement better habits and learn to avoid such situations in the future



Theme #5

Resistance to stress and diet as a form of immune system protection

Presenters: Psy.D. Katarzyna Podleska
Wanda Baltaza PhD

We are currently undergoing huge changes leading to stress. Such long-lasting tension and anxiety affect our well-being, health, performance and relationships. Now it is more important than ever to learn to increase stress resistance and to effectively deal with an unusual situation perceived by the body as a threat. Instead of focusing on bad news, join our webinar in which we will give you practical tips on how to effectively deal with stress, how to ensure good sleep quality, and choose a diet to promote anti-inflammatory processes and support your immunity.

- everything about stress and stress response - presenting information on a healthy diet
- the impact of stress on health and the immune system
- the impact of healthy nutrition on the immune system
- the body's responses to stress and diet
- ways to alleviate the stress response and support the immune system by dietary alterations
- how to make permanent dietary changes
- sleep - how important it is for physical and mental functioning, sleep hygiene
- learning techniques to deal with daily stress and chronic stress - the principles of healthy eating
- how to help loved ones to overcome significant stress and take better care of themselves



Theme #6

The influence of the 'kingdom' of hormones on the immune system

Presenter: Anna Modelska-Ziólkiewicz MD, PhD

All systems in our body work together to maintain a state of balance and optimal health. The hormones released by the endocrine system have a special role in controlling inflammatory processes in the body. At the same time, endocrine disorders, such as Hashimoto's disease have their immunological aspects. Dr. Anna Modelska-Ziólkiewicz explains the complexities of the connections between these two systems.

- presentation of the endocrine system and the impact of its individual organs on the immune system
- explaining the significant role of the thyroid gland in maintaining a strong immune system
- Hashimoto's disease and its role in immunity - can Hashimoto's disease weaken the immune system?
- presenting the possibility of using hormones to strengthen the immune system



Theme #7

The intestine and immunity

Presenter: Anna Modelska-Ziólkiewicz MD, PhD

The intestinal microflora can be defined as all of the microorganisms and primarily bacteria that live in the intestines. The proper composition of this ecosystem is necessary for the good functioning of not only the digestive system, but also many other systems and organs in our bodies, including the brain and the immune system. With the help of a proper diet and supplements, we are able to modify the biodiversity of our intestinal bacteria and thus strengthen their beneficial, healthy effects on the whole body and immunity.

- how important is the intestinal barrier in obtaining immunity - what is immunity and where do we get it?
- what is intestinal microbiota, intestinal barrier, leaky gut syndrome and its impact on the immune system?
- the mucosa as a first line of defense
- a diet "favorable" for the intestine,
- presenting "good" probiotics and prebiotics, as well as immunity strengthening supplements



Theme #8

Mental resistance of a leader during a crisis

Presenters: Dorota Szkodny-Ciołek PhD
guest: Weronika Bryła-Booth

Mental resistance is partially a personality trait and partly the result of the environment in which we grew up, life experiences or psychophysical state. A sensitive mind easily loses focus on what is important at the moment and instead falls into a spiral of anxiety (or even fear), worries or obsessively reflects on possible negative scenarios. The aim of the workshop is to look at one's own mental resilience and develop several strategies to increase it because leadership work takes place mainly in situations of crisis in which you need to be able to keep your cool. Just like in sport because leadership in some ways resembles extreme sport.

- resilient vs. the sensitive mind
- focusing the mind on development and persistence
- developing mental resilience
- developing constructive thinking skills, mental resilience and
- crisis leadership
- what can we learn from sport



Theme #9

Health optimization and strengthening of the immune system

Presenter: Daniel Śliż MD, PhD

Even in unstable times, we can influence our health. By taking a moment to reflect, we can identify bad habits that adversely affect our well-being. The first lifestyle medicine specialist in Poland – Dr. Daniel Śliż will present the immune system from a medical perspective and proving that it's our ally when it comes to the protection against health threats, therefore its strengthening must be one of our priorities.

- why do we need the immune system and what affects it
- the fundamentals of lifestyle medicine
- defining healthy lifestyle and its influence on our health and well-being
- presenting the connection between healthy lifestyle and the immune system
- weaknesses of habits - how our attitude toward life defines reality development
- the most dangerous anti-health behaviors - how to redefine your health



Theme #10

From crisis management to empowering leadership Coronavirus as agent of changes

Presenter: Psy.D. Mario Martinez

A crisis requires containment of the immediate threat and prevention strategies to avoid future similar threats. In all conditions of adversity, panic is the worse response. As it relates to the coronavirus, a panic response suppresses the immune system. But if the coronavirus or any other chaotic adversity is perceived as an opportunity for change, the value goes beyond addressing the crisis by looking into what needs to change after the crisis is over. By perceiving a crisis as a change agent rather than embracing panic, it creates opportunities for innovation, increased productivity and wellness that would not otherwise occur.

- transitioning from crisis management to empowering leadership
- perceiving crisis as teacher
- adversity as an agent of change
- how to transition from panic to empowerment
- strategies and lifestyles to increase antibodies that attack viruses
- implementing personal and organizational change beyond a crisis
- drawing on history to determine the relative threat
- identifying predatory opportunists and their ulterior motives during crises
- understanding the three compasses and their terrains to navigate adversity: patience, courage, and faith
- strengthening the immune system – a practical approach
- management adaptation to a crisis, changing the business narrative by seeing the positive aspects of change



Theme #11

The Empowerment Code An Organizational Language of Wellness and Productivity

Presenter: Psy.D. Mario Martinez

To manage is to control initiative and limit creativity To lead is to mentor wisdom and navigate greatness – Mario Martinez

Dr Mario Martinez introduces the principles of a hybrid model of management for global organizations by applying the latest research in organizational anthropology and cultural neuroscience to effectively overcome unexpected changes and an unstable economy.

- organizational culture: beyond the vision and mission
- organization lessons given by the immune system
- change in operational awareness vs. behavior modification - dynamics of sustainable change: how hybrid leaders inspire rather than impose change
- designing an organizational strategy focused on removing helplessness and disorganization
- the principles of sustainable productivity - successfully maintaining maximum well-being
- correcting early signs of burnout and overcoming adversity without compromising on well-being and productivity



Temat #12

Caveman awareness in times of adversity and uncertainty: what epigenetics teaches us

Presenter: Psy.D. Mario Matinez

During this webinar, we will analyze how survival instincts and life priorities are transmitted epigenetically from one generation to another. Just as the trauma experienced in concentration camps is transmitted by stress hormones (cortisol) for several generations. In my theory of Biocognitive Sciences, I prove that the potential and strategy of stress resistance, as well as our expectations and health effects, are also genetically linked to the experiences of our ancestors. They remain dormant until they are properly stimulated by adversity or prolonged stress.

- intergenerational epigenetics in times of major change and anxiety
- stress resistance strategy in times of big changes
- unleashing the inherited foundations of health
- wisdom of the caves - rituals in times of social distancing
- definition of common denominators of joy during isolation
- sources of patience, courage and faith to overcome adversity
- maintenance of cave rituals after the storm
- ifestyle reevaluation after returning to stability



Presenters' profiles

Our team of experienced doctors, psychologists, nutritionists and business coaches is particularly well-matched in the knowledge and experience of combining a healthy lifestyle and stress management skills.

Our webinars and workshops are designed to meet the needs of your employees currently working from home or looking for expert advice on how to best strengthen their immune system and deal with stress.



Psy.D. Mario Martinez

A clinical neuropsychologist, biocognitive science pioneer (the field of science that studies the impact of cultural beliefs on health, longevity and success in life). Advocate of cultural psychoneuroimmunology. Author of numerous publications on his own research on healthy centenarians from five continents. A recognized global expert in the field of longevity. He teaches managers of global corporations how to work efficiently while strengthening health and well-being. A member of the Program Council and the Expert Board at the Longevity Center.

Anna Modelska-Ziólkiewicz MD, PhD

A medical doctor specializing in endocrinology and anti-aging medicine. She focuses on endocrine disturbances and hormonal therapy in men and women, metabolic disorders, insulin resistance, as well as overweight and obesity. President of the Polish Anti-Aging Medicine Society and the Head of Hormonal and Metabolic Health at the Longevity Center.



Daniel Śliż MD, PhD

President of the Polish Society of Lifestyle Medicine. A professor at Warsaw Medical University. Specializes in internal medicine and public health. The first lifestyle medicine specialist in Poland. He is passionate about lifestyle and its influence on health. For many years, he has been promoting this field of medicine, giving numerous lectures to patients, students, doctors and pharmacists. Author of *Medycyna Stylu Życia* (Lifestyle Medicine) and *Ultrazdrowie* (Ultrahealth). Head of Lifestyle Medicine Department at the Longevity Center.



Psy.D. Katarzyna Podleska

Psychologist, psychotraumatologist, specialist in stress therapy and prevention, therapist in the field of short-term solution-focused therapy. Her clinical interests include stress management and changing harmful thinking patterns. She inspires her patients to train positive habits and care for well-being every day. She co-founded and managed organizations that implemented pioneering methods of traumatic stress therapy and stress reduction in Poland. Member of the Expert Board at the Longevity Center.



Wanda Baltaza PhD

A clinical dietician and psycho-dietician who has successfully helped hundreds of patients to lose weight. She is passionate about introducing changes in nutritional habits and so created her own original slimming and habit changing program. In her work, she utilizes the latest scientific solutions in the fields of nutrition and psychonutrition. Member of the Expert Board at the Longevity Center.

Dorota Szkodny-Ciołek PhD

An expert in designing and running graduate classes, executive MBA courses and leadership workshops. In her work, she places special emphasis on the development of adaptive leadership competencies, a system thinking approach, and teaching coaching skills for managers. Member of the Expert Board at the Longevity Center.



All webinars and workshops are customized to the needs of our clients, based on their specific needs and number of employees participating.

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