

# When Work Goes Sideways: Biologically Smart Ways to Revitalize Your Work

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This lively session combines cutting-edge research and strategies with a fresh look at frustrations in the workplace: loss of your sense of purpose, ambivalence about projects, lessening commitment and personal investment in your career path.

With the proper tools and perspective, you'll end up with smarter work practices, fresh perspective, and a renewed interest in expanding yourself inside and outside of the office.

- **SEE** motivation as a function of engagement, commitment, satisfaction, and how serious you are about quitting.
- **UNDERSTAND** how evolutionary drives to acquire, bond, comprehend, and defend, can derail even the most passionate startups.
- **APPLY** satisfaction of these drives to your current situation and regain momentum.
- **TARGET** two practices that can, a) restore engagement, b) increase commitment, c) increase satisfaction, and/or d) lessen your desire to quit or give up.

Originally a full day session this topic lends itself well to keynotes and breakouts.