



John works with organizations to create low stress workplaces that increase employee engagement, productivity and profitability.



Rudeness Rehab: Reclaiming Civility in the Workplace

- Define incivility and recognize common rude behaviors.
- Understand how rudeness increases workplace stress levels
- Explore why incivility harms morale and productivity.
- Learn practical skills to respond to rudeness with civility
- Build resilience to stay calm under pressure.

Master the art of stress management: Unleash pathways to balanced living.

- Develop practical techniques for managing stress effectively.
- Define stressors and stress-related terms specific to various professions.
- Unveil workplace stressors rooted in our current social and political climate.
- Explore the physiological changes that un-fold as workplace stress levels surge.
- Craft a self-care centered wellness plan to achieve balanced living.

With over three decades of experience, John O'Brien is a seasoned expert in guiding individuals through significant life transitions by offering practical and actionable strategies to navigate change with ease. His expertise with both individuals and groups extends across a variety of professions, including business, healthcare, law, and financial services.

WHAT SATISFIED CLIENTS ARE SAYING:

Dr. John O'Brien delivered an engaging and informative workshop for both our Veterans Employee Resource Group and Mental Health Initiative group. We look forward to bringing him back for more. Five stars!

Janie Pinterits, Ph.D. DEI Program Manager

I was amazed at the amount of subject matter that John was able to cover in only one hour. I received very positive feedback on his presentation style, the topics covered, and the tools provided for real life implementation. Success! As one plans these events, the hope is that you will have a "true closer" to send your employees away energized, I found that with John!

Kathy Buxton, HR Manager Lucas Tree

John is responsive, witty, and personable—the perfect partner for your training, education, and coaching needs.

Mary Gagnon, Health Affiliates Maine

We found Dr. John O'Brien. He was a joy to work with, fast to respond and his expertise in the areas of corporate military diversity and inclusion, with a special focus on PTSD was on point. I would highly recommend him for your speaking event.

Joel S. Chair, Veteran Employee Resource Group