



# Aileen Axtmayer

Aileen works with companies who want to create cultures of wellbeing and belonging.

## WHAT CLIENTS SAY

"This session made me realize how burned out I actually am, and motivated me to take action to recover." - ***Boston Beer Co.***

"It may seem hard to eek out time in a day, but this session is such a great place to start. Aileen helps you feel seen and also connect with other people in the group so no one feels left behind or inept." - ***America's Test Kitchen***

"I'm very much looking forward to putting some of these actionable items into a plan for myself." - ***Akamai Technologies***

"Aileen may be my favorite wellness presenter of all time!" - ***Crystal McDermott, Charles River Associates***

"She is engaging and thoughtful with the data she uses to back up her talks and the resources she shares as takeaways." - ***Clo Xavier, Karuna Therapeutics***

## CREATING CALM IN CHAOS: STRESS-REDUCING STRATEGIES THAT WORK

- Explore the key principles of stress and the full range of emotions one can experience
- Discover evidence-based strategies for managing anxiety, stress, and enhancing emotional wellbeing
- Learn how to identify signs of heightened nervous system activity and its direct effect on stress management
- Create a comprehensive plan grounded in the neuroscience of behavior change.
- Conduct a personalized assessment of their current stress levels and primary stressors to cultivate greater self-awareness

As an expert on stress and burnout, Aileen has helped corporations and associations of all sizes manage their stress. She has been included in The Boston Globe, and past clients include: Harvard T. Chan School of Public Health, CVS Health, Akamai Technologies, America's Test Kitchen, and Harvard Ed Portal.

203.675.1615  
aileen@aspirewithaileen.com  
www.aspirewithaileen.com

aspire  
— WITH —  
aileen

## COMING BACK FROM BURNOUT

- Discover insights into principles of burnout, including warning signs, symptoms, and contributing risk factors
- Develop a holistic approach to burnout management, recognizing the pivotal role HR teams and ERGs play
- Learn evidence-based strategies for managing anxiety, stress, and promoting emotional wellbeing

## POWER DOWN, LEVEL UP: HOW TO CREATE A HEALTHIER RELATIONSHIP WITH TECHNOLOGY TO IMPROVE YOUR LIFE

- Explore the effects of prolonged screen exposure and how technology impacts overall health and wellbeing
- Redirect focus and energy towards endeavors that promote individual and collective wellbeing, contributing to a more productive workplace
- Develop personalized action plans that will facilitate deeper connections with colleagues and a culture of belonging and mutual support

### **LinkedIn:**


[linkedin.com/in/aileenaxtmayer](https://www.linkedin.com/in/aileenaxtmayer)

### **Instagram:**

[instagram.com/aspirewithaileen](https://www.instagram.com/aspirewithaileen)

### **Audience Feedback:**

[www.talkadot.com/s/aspire](https://www.talkadot.com/s/aspire)



“Aileen brings knowledge, compassion and fun to each session. She has presented to both in-person and virtual audiences, as well as with a global employee population. She has a way of bringing wellness topics to life by combining well-researched scientific facts with practical ideas and action items for the participants. Aileen uses her creativity to design workshops that address some of the most common health topics, and best of all – she has a way of keeping the participants engaged. Instead of feeling intimidated by what they are not doing or not doing well, our employees leave her sessions feeling empowered to start making small, achievable goals.”  
- **Eve Gao, Apellis Pharmaceuticals**