

# Elevate Employee Well-Being through C.A.R.E.®

## Resilience Reimagined: Manage Stress with Positivity Amid Challenges

### Outline

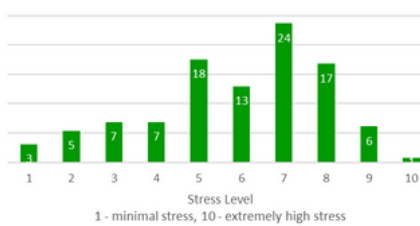
Provide insights into the transformative power of fostering positivity and how it can be integrated into daily life.

Explore the groundbreaking C.A.R.E.® framework, offering tangible strategies for stress mastery and resilience to thrive in the face of challenges.

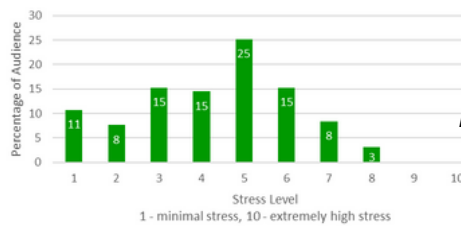
### Outcome

Audience will identify 1 stressor to work on during the speech and gain insights to overcome it, reducing their stress through the C.A.R.E.® framework.

How would you rate your stress level associated with this stressor before the speech?



How would you rate your stress level associated with this stressor at the end of the speech?



### What Sets Xi Ren's Speech Apart

- ✿ Proprietary: Trusted, exclusive C.A.R.E.® framework
- ✿ Interactive: Engaging with activities at every stage of the C.A.R.E.® framework
- ✿ Inspirational: Unique blend of lived experience, personal triumphs, and scientific insights
- ✿ Tailored: Crafted with empathy and relevance to address clients' specific needs, leveraging 20 years of HR leadership experience
- ✿ Edutaining: Heartfelt close with an original motivational song performance
- ✿ Proven Impact: Over 80% less stress in just 1 hour

### Testimonial

"Thank you, Xi Ren. Sharing from your own personal journey, it resonated greatly with the staff. Living in turbulent and challenging times, it is indeed important to choose positivity and build resilience."

*Gim Guan Sim  
Executive Director, SNEF*

"Congrats Xi Ren in a successful seminar. This has been a significant event to close off 2023 for CrimsonLogic. Awesome counsel and advice to uphold mental wellness to thrive in challenging times! Thank you Xi Ren!"

*Sylvia Koh  
Head, Group OD & Transformation, CrimsonLogic*



## Yang Xi Ren Well-Being & Mental Health Keynote Speaker

At 35, I faced a traumatic experience battling alopecia areata, losing all my long, thick hair, eyebrows, and eyelashes. Despite this adversity, I quickly picked myself up with a positive mindset, a conviction that now fuels my passion for helping others build resilience and thrive.

My journey led me to develop the C.A.R.E.® framework, a science-backed approach to managing stress with positivity. Embracing my calling, I left a 20-year career in corporate HR leadership to found Xel Consulting, empowering professionals to overcome challenges and enhance their well-being.

An award-winning and media-featured speaker, my style is conversational and engaging, filled with stories that connect.

