



Info Kit



Cindy has survived and is now thriving after the challenges of HIV, Cancer, TB Meningitis, Pneumonia, Shingles and two Strokes, (between 2004-2008) and a double bypass in 2018.

This is ample authentication that she is in a unique position to present on 'Own Your Challenges' through lifestyle skills management that has spanned her enterprising, and unusual vocation.

Owning My Challenges

Cindy is invariably asked how she bounces back after her many life-changing incidences.

Some of her habitual characteristics are:

- A positive attitude.
 - Confidence and calmness.
 - A willingness to ask for help.
 - Acceptance of her situation.
 - Persistence and determination.
1. Challenge – Resilient people view a difficulty as a challenge, not as a paralyzing event.
 2. Commitment – Resilient people are committed to their lives and their goals, and they have a compelling reason to get out of bed in the morning.
 3. Personal Control – Resilient people spend their time and energy focusing on situations and events that they have control over.

Having a natural ability to bounce back has been part of her recovery.

Balance put her in a position to validate, that facing and owning, the many adversities that came her way, could turn any disaster or trauma into a rewarding and educational experience.

Cindy Presents on...

Lifestyle Skills Management which include:

1. Own Your Challenges

There are potentially numerous issues that could create setbacks in a person's personal life which can also carry over to their work life.

It can be detrimental to their well-being, if not addressed.

By addressing a setback and collaborating with management and employees, a positive change can be made, which will lead to behavioural change, and safeguard against loss of revenue and absenteeism.

Cindy equips individuals/employees with effective methods in:

- Becoming resilient.
- How to motivate themselves.
- When and why to terminate a troublesome project.
- Explore alternative options of accountability.
- How to cope with failing.
- Take back your Balance & Bounce

Success isn't a result of spontaneous combustion. You must set yourself on fire. - Arnold Glasgow-

2. HIV - Campaign & Conversation

An employee HIV and AIDS Awareness Campaign is an organised program that assists employees to voluntarily make choices that improve health and productivity.

Workplace wellness programs focused on prevention and intervention benefit employees and employers by reducing employees' health risk factors.

While unhealthy behaviour can greatly affect an individual's health, it can also be expensive for an employer. Indirect costs associated with employees' unhealthy lifestyles include:

- Decreased productivity.
- Training of new staff due to the disability of current staff to perform their job.
- Work related injuries.
- Excessive sick leave usage.

Some of the costs will be indirect, in that medical costs could create a direct impact on the company.

Also, healthier workers might be more productive and miss fewer days of work.

Other potential benefits to an Employee HIV and AIDS Awareness Campaign, incorporate Reduced Stress, and improved morale.

PS: Ask me about PR & Social Media Influencer Workshop - Why Public Relations & Social Media?

Previous Engagements

Cindy's ability to interact, inspire, and put the audience at ease ensures participation and success of the undertaking.

Clients

| | |
|------------|-------------------------|
| SA Express | FNB |
| AIG | Eskom |
| Bankserv | Glodina |
| Engen Oil | MassMart |
| Transnet | Varsity College |
| PPC Cement | University of KZN |
| Unilever | Toyota Tsusho (Pty) Ltd |
| ABSA Bank | Tongaat Hulett |

Social Media – Video - TV links

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|---------------------------------|---|
| Website | www.cindypivacic.co.za |
| Linkedin Business Profile | http://za.linkedin.com/in/cindypivacic |
| Carte Blanche | http://bit.ly/CarteBlancheInterview |
| FNB #YouCanHelp | http://bit.ly/FNBInterview |
| Speaker HIV - Facebook | http://bit.ly/FBCindySpeakerHIV |
| Instagram | https://www.instagram.com/cindypivacic/ |
| Book - website short link | http://bit.ly/BookTheDeadlySeducer |
| 1KZNTV Book Interview | http://bit.ly/1KZNTVInterview |
| SABC 1 Stigma & Denial | http://bit.ly/SiyayingqobaInterview |
| SANAC WAD2014 | http://bit.ly/SANACWAD2014 |
| Twitter | https://twitter.com/CINDYPIVACIC |
| YouTube Campaign & Conversation | http://bit.ly/CampaignConversation |
| Website – PR Ninja | www.prninja.co.za |

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Testimonials on request