Change in Company, Change in Perspective, or Both?

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DELTACO

CHART
I’m not a doctor and I’m not a health & wellness expert...

I’m just a passionate restaurant guy finding a way from one day to the next ☺
Our Agreements:

1. We agree that not everything will work for everyone.
2. We agree that a healthy balance doesn’t always follow the rules of “being healthy”.
3. We will be honest with ourselves.
4. We can’t make time, but we can take time.
A little about me...
A little about me...
THURSDAY

7th

10 AM Breakfast with My Letter in My Pocket

8

Meet-20 Day Calendar

9

Review Deck for John Nig

10

Some Opening Session & Lessons Learned

11

Some Opening Session & Lessons Learned

12th

More GM Class Lessons & Discussion

1

Strategic Ops Support Environment System

2

SAFETY 5:00 PM - 5:30 PM Workshop

3

Operations Innovation & Support Call Center Meeting

4

Coffee Break & Adjacent to Lunch Meeting

5

Meeting Room Location

6

Meeting Room Location

OH YOU WORK 40 HOURS PER WEEK? HOW CUTE!

I REMEMBER MY FIRST PART-TIME JOB TOO!

BEFORE IT'S A THING. IT'S HERE.

NATIONALRESTAURANTSHOW.COM
A very rare glimpse into my overly crowded head... I was getting ready while running over some things in my head. Unfortunately my auto pilot failed. Shave cream goes on face not on head... It's shave... Toothbrush... Hair. D'oh!
Kicking off the day…

1. When you wake up, get out of bed.
2. Self-talk your objectives for the day.
3. Coffee *with a water chaser.* 😊
4. Pick a morning activity that makes you relaxed and happy.
5. Find time for yourself and/or family before you leave the house for the day. LITERALLY, even if it’s just a few minutes, it makes a difference.
6. No/minimal work calls in the car. Let the work start at the restaurant/office door.
Making it through the day…

7. Keep that water coming…
8. Pick a breathing exercise. There are tons of them.
9. Allow yourself some social media time if you want it. *Cold turkey only works for sandwiches the day after Thanksgiving.*
10. Everyone needs to vent, just play your chips.
11. Keep some *carbs* in the *car* (or somewhere else convenient).
12. Get a few steps in, gym if you can, even some squats in the restroom stall (yep… that’s a thing).
13. Allow yourself to LAUGH…
Fill your humor file...
Ending the day...

14. Just like the morning… Find time for yourself and/or family before bed. LITERALLY, even if it’s just a few minutes, it makes a difference.

15. Have a laugh before bed.

16. Find your “guilty pleasure” to enjoy before bed.

17. Self-talk your objectives for the next day.

18. Lay your clothes out. If you’re fortunate enough to have a garage, put everything for the day in your car.

19. Aromatherapy pillow spray is amazing!
THE ALPHABET GAME
Changed the perspective, do you change the company?
You can’t make time, but you can take time!
You can’t make time, but you can take time!
Tomorrow is never promised, so live for today!