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Keynote

The Leadership Pause: Sharpen Your Attention, Deepen Your Presence, and Navigate the Future

Description

In today's accelerated world, where push and shove results in high levels of stress and burnout, true leadership begins with a deceptively simple act: pausing.

Drawing from cutting-edge neuroscience, evidence-based practice and time-tested wisdom traditions, this talk reveals how the deliberate pause down regulates the nervous system, reducing stress, overwhelm and burnout; expands perspective for effective decision-making; and brings ease to even our most challenging moments as leaders.

Explore what becomes possible in your leadership journey when you master the art of the pause - create space to truly see the difference you are meant to make in the world.



Learning Objectives

- **Build Your Leadership Pause Practice** - Learn science-backed techniques to create space between stimulus and response, turning reactive moments into conscious choices.
- **Strengthen Attention Under Pressure** - Develop mindful awareness skills that sharpen focus and maintain clarity as complexity and uncertainty escalate.
- **Convert Stress into Strategic Advantage** - Practice presence-based tools that transform high-pressure situations into opportunities for resilient, meaningful decision-making.

Testimonial

Dr. Chris helped us to uncover underlying trust issues we didn't think existed on our teams, and helped us create a future for the company, rather than staying in comfort. She has served as an excellent sounding board and advisor, especially in regard to change management.

— Dave Mooney, Former CEO, Alliant Credit Union

References

Nick Blawat, CEO, Value Added Food Sales, nick.blawat@gmail.com

Kimberly Townsend, President & CEO of Loretto Health & Rehab, kmtownsend63@gmail.com