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Keynote

Thrive In Uncertain Times: The Key to Resilient Leadership

Description

Navigate and transform uncertainty into strategic advantage. When leaders can pivot emotionally, while staying grounded in their values, they create "resilience ripple effects" throughout their organizations.

Organizations with emotionally agile leaders weather storms 4.2x better during market disruptions, with higher engagement and better problem-solving capabilities.

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

Learning Objectives

- **Regulate Under Pressure** - Recognize and close the top 3 Energy Leaks that zap energy and lead to overwhelm and burnout.
- **Create Strategic Pauses** - Develop body-based, science-based skills to sharpen focus, recognize triggers, and calm everyone's nervous system in real-time.
- **Convert Stress into Strategic Advantage** - Practice presence-based tools to transform high-pressure situations into opportunities for resilient, meaningful decision-making.

Testimonial

Dr. Chris delivered a powerful message on emotional agility and resilient leadership to our Executive Director Roundtable. Her Resilience Power Up framework gave leaders concrete tools to lead their teams with clarity, integrity and purpose during these uncertain times.

— Emily Weber, Senior Director of Programs & Community Investment, Lake County Community Foundation

References

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

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

