



*Expand your skills, invest in your team!*

## Thriving in Changing Times – Innovation and Emotional Resilience

**Date & Time:** October 11, 2022 at 8:30am to 11:30am

**Cost:** \$245 for this workshop (There are 3 more virtual workshops. Register for more than one and receive a discount for \$465 for two; \$680 for three; \$895 for all four virtual workshops)

**Location:** Virtual/Zoom

**Description:** An organization's success depends on its ability to adapt to a changing environment and coordinate many moving parts. On top of the burden of managing your own internal emotions and the unpredictability of the future, managing an entire team and their fluctuating feelings and varying needs can feel overwhelming for a leader.

How well do you handle the pressures of leading a stressed-out and anxious team? How innovative are you and your team during ambiguous times? An innovative leader focuses on taking risks, spurring colleagues' ingenuity and autonomous thought. Knowledge is valued, and challenges are viewed as learning opportunities.

This session focuses on the emotional intelligence skills needed to cultivate resilience and be innovative while leading others during changing times. The result: leaders develop more grit, teams become more adaptable, and innovation flourishes. We will show you how to ensure your business remains profitable and productive by keeping your fingers on your organization's pulse and staying akin to your people.

### **Learning Objectives:**

- Understand the importance of emotional resilience during times of change.
- Identify the areas needed to cultivate resilience and innovation in your organization.
- Provide your people with the insights, skills and inspiration needed to do things differently, innovate and thrive.

***To register go to [sou.edu/professional](https://sou.edu/professional)***





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**About the Presenter:** Carolyn Stern is the President and CEO of EI Experience—an executive leadership development and emotional intelligence training firm. She is a certified Emotional Intelligence and Leadership Development Expert, professional speaker, and University Professor. Carolyn’s emotional intelligence courses and modules have been adopted by top universities in North America. She has also provided comprehensive training programs to business leaders across the continent in highly regarded corporations encompassing industries such as technology, finance, manufacturing, advertising, education, healthcare, government, and foodservice. Carolyn lives and works in Vancouver, British Columbia. [www.carolynstern.com](http://www.carolynstern.com) [www.eiexperience.com](http://www.eiexperience.com)

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