Leading with Emotional Agility in the New Workforce Culture

TALKING POINTS OF THE DAY:

We speak, on average, 16,000 words in a normal day. Just imagine how many more pass through our minds, unspoken and bottled up. These thoughts are more than often opinions, judgements, and feelings that we don’t express for a variety of reasons, but nonetheless, we carry the weight of them around with us day in and day out.

The pandemic took the world by surprise and three years later it left us with a totally different world. Many people now report heightened feelings of anxiety and depression in the wake of lockdowns, isolation and the move to virtual communication becoming the norm.

Though corporate culture pushes the belief that difficult emotions and a negative mindset have no place within the office environment, biology demands that we not only acknowledge these feelings, but respect them and make space for them. Criticism, doubts, and fear all serve a role in allowing us to anticipate issues and solve problems that we experience on a daily basis.

Oftentimes, leaders are pressured into projecting unfailing optimism and confidence, despite the emotional and mental state of their teams. Research is consistently showing that effective leaders don’t suppress their inner negative experiences. Instead, they approach them in a mindful, values-driven, and productive way—developing what we call emotional agility.

Join us on April 12, from 1-2:30, and learn from five exceptionally remarkable women leaders on how to navigate through uncertainty and negativity to maintain their emotional agility in this new world of workforce culture.

LEARNING OBJECTIVES INCLUDE:

- What is emotional agility?
- How to maintain optimism when things go awry.
- How to create change for the betterment of yourself and others.
- Ways to manage negative thoughts and self-doubt to achieve goals.
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Light refreshments provided.
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