



Expand your skills, invest in your team!

Cultivating Emotional Resilience

(#5 of 6 of EI workshop Series)

Date & Time: Wednesday, April 13, 2022 at 9:00am to 12:00pm

Cost: \$235 for 1 workshop or \$440 for 2 workshops or \$1230 for all 6 in EI Series

(Impact of Emotional Intelligence on Leadership- Sept 21; Emotional Intelligence and Success in the Workplace- Nov 30; Using Emotional Intelligence to Give, Receive & Solicit Feedback-Feb 24; Resolving Conflict Through Mastering Difficult Conversations-March 24; Cultivating Emotional Resilience – April 13; Engaging Remotely Using Emotional Intelligence- May 25) Note: You must register for all 6 at the same time to get the series price

Location: Virtual/Zoom

Description: Leaders are measured by their ability to handle tough situations and recover quickly from misfortunes. Great leaders take a step back from their impulsive, emotional reactions and instead operate from a place of calm understanding, even during a global pandemic. And that's a skill that was not taught in school.

True leadership starts with leading yourself first. When the plane is going down, you are instructed to "put your oxygen mask on first" before helping others. Leadership is no different, especially during stressful times and high levels of ambiguity. Taking care of others can easily deplete the caregiver. Leaders need to replenish their energy and reserves to be effective and focus on their emotional wellness. Learning to set clear boundaries, especially when physical boundaries are now blurred between work and home life, is even more critical.

In this engaging session, you will learn to develop resilience by fostering a growth mindset and shifting your perspective of stress and challenges. You will learn to notice, articulate, and regulate your emotions so that you can better lead your teams during these unprecedented and changing times. By investing in and boosting your physical and mental energy, you will achieve optimal performance, highlighting the positive impact emotional well-being has on your organization. Building resilience requires intentional preparation so that you are ready to improvise, think fast on your feet, and be successful. The result: you develop more grit, work becomes more enjoyable, and your teams become more adaptable and emotionally resilient.





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Learning Objectives:

- Discover and practice how to cultivate resilience with intentional preparation.
- Recognize the significance leading by example has on your team.
- Gain an understanding of the importance EI plays on the organization's emotional well-being.

To register go to sou.edu/professional

About the Presenter: As a professor with the School of Business at Capilano University, Carolyn Stern pioneered the integration of Emotional Intelligence into Capilano's curriculum. An Emotional Intelligence and leadership development expert, Carolyn combines real-world experience as both a business leader with more than two decades as a trainer and educator. Her company, EI Experience, provides leadership development and emotional intelligence training for all management levels and businesses of all sizes and scope. Since launching EI Experience in 2017, Carolyn has helped more than 10,000 business leaders leverage their emotional intelligence skills to connect with their diverse workforce and develop high-performing teams. www.carolynstern.com www.eiexperience.com

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