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“The Resilient Leader – How to Prevail Over Adversity and Setbacks”
(Full Day Workshop)

In this age of fast-pace, high-demand, and growing-workload, leaders are doing more with less and the stakes are higher than ever before. People have shorter fuses, less patience, and more frustration both at work and at home. Stress is real and setbacks are inevitable. In this course, leaders will learn how to leverage emotional intelligence to fully engage their team to perform at a higher level, increase their tolerance for stress, and strengthen their resiliency to prevail over adversity and setbacks.

Objectives:

- Boost emotional intelligence to fully engage those you lead.
- Increase emotional self-awareness – be able to recognize and constructively act on emotions.
- Understand the connection between thoughts, emotions and physical sensations and how they impact actions and end results.
- Identify emotional triggers and be able to respond appropriately when triggered.
- Effectively manage emotions and improve interactions with others both at work and at home.
- Expand capacity for empathy to increase influence and build trusting relationships.
- Learn resiliency characteristics, behaviors and practices to increase tolerance for stress.
- Strengthen resiliency to bounce back from mistakes, disappointments and setbacks.