



Washington D.C.

Women and Well Being: How you can thrive at work

Session Details

Faculty: Dr. Beth Cabrera Date: Thursday, February 21, 2019
 Location: College Park Marriott Hotel & Conference Center Sign In: 8:30 AM
 3501 University Blvd E, Hyattsville, MD 20783
 Phone: (301) 985-7300 Session: 9:00 AM - 4:00 PM

Session Description

Learning to thrive can help women leaders succeed despite the challenges they face. Discover how to become a more self-confident, emotionally intelligent, and resilient leader by improving your well-being. Learn how to boost levels of employee engagement and performance by creating a positive workplace where everyone is thriving. This workshop presents a model of well-being and describes how thriving impacts leadership success. Participants will learn well-being practices that can be used to enhance their leadership skills and optimize the performance of their teams.

Biography

Dr. Beth Cabrera shares the power of positivity and purpose through her research, writing, and speaking, helping organizations and individuals apply knowledge from the field of positive psychology to achieve greater success and well-being. Through her company Cabrera Insights, Beth works with organizations to help them create and maintain positive work environments where people thrive, and also teaches individuals strategies for living happier, more meaningful lives. Her approach is extremely effective in developing leaders, building teams, and advancing careers. Dr. Cabrer's expertise was gained through years of experience teaching, conducting research, advising organizations, and coaching individuals on how to maximize engagement and performance. Her research has been published in leading academic and professional journals. She is also the author of the book *Beyond Happy - Woman Work and Well Being*. Beth Cabrera is a senior scholar at the Center for the Advancement of Well-Being at George Mason University. After earning her Ph.D. in Industrial/Organizational Psychology from the Georgia Institute of Technology, Dr. Cabrera joined the faculty of Universidad Carlos III de Madrid, one of Spain's top universities. Upon returning to the States she continued her academic career as a professor of management at Arizona State University and later as a Senior Research Fellow at Thunderbird School of Global Management. In 2009 Beth founded Cabrera Insights and joined the George Mason University Center for the Advancement of Well-Being. Beth lives in the Washington D.C. area with her husband and their two children.

Guide to Participant Selection

Department	Admin	Distrib	Engr	Finc	H.R.	Legal	Mktng	IT	Or	Plng	Pchsg	R&D	Sales
Senior Executive (Pres. Exec & Sr VP)	3	3	3	3	3	3	3	3	3	3	3	3	3
Executive (VP & Gen'l Mgr)	1	2	2	2	1	1	1	2	2	2	2	2	1
Senior Managers (Div & Reg. Mgrs)	1	1	1	1	1	1	1	1	1	1	1	1	1
Middle Managers & Superintendents	2	2	2	2	1	1	1	2	2	2	2	2	1

Time Allocation - Topics

15% Women and work

- The challenges women leaders face
- How women can succeed despite these challenges

15% What is well-being and why does it matter?

- The two dimensions of well-being: feeling good and doing good
- How well-being enhances engagement and performance

35% How to create a more positive workplace

- Cultivate mindfulness for better decisions and greater emotional intelligence
- Practice gratitude for a more positive outlook
- Build hope to fuel motivation and inspire action

35% How to foster a sense of meaning and purpose

- Live with intention by doing what matters most
- Develop strengths for optimal performance
- Make a positive impact in order to experience work as a calling

Focus

Primary - Leadership Development

Presence, Developmental Perspective, Interpersonal Relations

Secondary - Planning/Organizing

Generate and Obtain Plan Support

Tertiary - Executing/Controlling/Evaluating

Coordination, Follow-Up

Level

Introductory **Intermediate** Advanced

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