

High Performance Leadership in Times of Challenge

Session Details

Faculty:	Daniel Friedland MD	Date:	Thursday, August 20, 2020
Location:	Vantage Venues 150 King Street W, 27th Floor, Toronto ON M5H 1J9	Sign In:	8:30 AM
Phone:	+1 416-366-4228	Session:	9:00 AM - 4:00 PM

Session Description

High-Performance Leaders are achievement oriented. They are visionary, purposeful, decisive and they get results. At the same time, they relate well to people. They are compassionate, authentic and courageous. But what sets them apart is they have great self awareness and systems awareness. Through a mix of groundbreaking science, story, and experiential learning, you will learn a powerful neuroscience and mindfulness-based 4-step system to learn new ways to master stress, transform your mindset, take your leadership to the next level.

Biography

Dr. Daniel Friedland, is an expert on the science and practice of High-Performance Conscious Leadership and author of *Leading Well from Within: A Neuroscience and Mindfulness-Based Framework for Conscious Leadership*. "Dr. Danny" helps leaders and their organizations leverage neuroscience and mindfulness-based skills and practices to better navigate stress, clarify vision and purpose, and create high performing teams and thriving cultures to multiply their success and positive impact in the world. His expertise from publishing one of the early textbooks on Evidence-Based Medicine has enabled him to apply science-based solutions to leadership growth and development. He not only understands the science of leadership, but having served as the Founding Chair of the Academy of Integrative Health and Medicine and Co-Chairman of the San Diego Chapter of Conscious Capitalism, intimately understands the blessings and challenges of leadership, and the growth it asks. He serves as the CEO of SuperSmartHealth, where he provides keynote addresses, workshops and executive coaching to cultivate High Performance Conscious Leadership. He speaks at national and global conferences and his clients include Fortune 500 companies and healthcare systems.

Time Allocation - Topics

Recognizing the scientifically validated qualities of High-Performance and Low-Performance Leadership

Understanding how these high and low performance qualities relate to how your brain works

Discovering how to better work your brain with mindfulness practice

Introducing a practical 4-Step Framework to Engage High-Performance Conscious Leadership

- Step 1: Recognizing and Managing Reactivity
- Step 2: Reappraising Stress and Self-Doubt
- Step 3: Cultivating Creativity (by focusing on what matters most and work and at home)
- Step 4: Catalyzing Growth

Applying the 4-Step Framework to enhance relationships and create high-performing teams and cultures

Wrap up including highlighting the immediately actionable key takeaways

FOR REGISTRATIONS PLEASE CONTACT: **Daniel Menard**
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