IMS



OVERTURNING OVERWHELM AT WORK
with Rebecca Zucker
Complimentary to IMS Members (US) per person

VIRTUAL SESSION (1-HOUR)

OVERTURNING OVERWHELM AT WORK

Even prior to the pandemic, overwhelm at work had become a pervasive issue. The pandemic only exacerbated the problem. The tidal wave of work and other demands coming at us is not likely to stop. To be sure, there are cultural and organizational issues that drive overload and need to be addressed. Nonetheless, there are things that we can do - and change - about how we behave and think that can give us a greater sense of agency and control, making us less likely to feel overwhelmed at work and prevent burnout in the longer-term.

REBECCA ZUCKER

Rebecca is a Founding Partner of Next Step Partners, a global leadership development firm. As an expert in executive coaching as well as leadership and career development, Rebecca coaches senior leaders across the globe, including C-level executives. Her clients rely on her intelligence, pragmatism and unwavering professionalism to demystify the growth and development process and achieve their goals. Rebecca's clients include Amazon, Clorox, DocuSign, The James Irvine Foundation, Norwest Venture Partners, Morrison Foerster, The David and Lucile Packard Foundation, and Russell Reynolds, among other organizations. She has conducted hundreds of workshops on leadership and career development, is a contributor to Harvard Business Review and Forbes.com and is frequently quoted in the press on career and leadership issues.

FOR REGISTRATION PLEASE CONTACT: **Evangelia Zouras** - IMS Regional Director - New-Jersey
Phone: **+1 (201) 414-7380** Email: **newjersey@ims-online.com** Website:
https://ims-online.com/leadership-development/New-Jersey/18