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HOW TO STAY PRODUCTIVE, POSITIVE, AND ENERGIZED: 7 STEPS TO GREATER RESILIENCE
with Dr. Andrew Shatte
$395 (US) per person

VIRTUAL SESSION (3-HOUR)

HOW TO STAY PRODUCTIVE, POSITIVE, AND ENERGIZED: 7 STEPS TO GREATER RESILIENCE

The rapid pace of change and unrelenting demand for your time can leave you feeling drained. This class is an excellent opportunity to "recharge your batteries" as a leader. Learn seven leadership strategies for helping both you and your team become more resilient and productive in times of adversity and change.

"The scientific research shows that more than education, more than experience, more than training, it's RESILIENCE that determines who succeeds and who fails" Andrew Shatte, Ph.D. Harvard Business Review

DR. ANDREW SHATTE

Dr. Andrew Shatte is the founder and President of Phoenix Life Academy. He is a fellow with the Brookings Institution where he facilitates programs for high-level audiences from the Department of Defense, Homeland Security, the IRS, NASA, the CIA, and all branches of the military. He served as adjunct Assistant Professor of Psychology at the University of Pennsylvania from 2000 to 2006, and was a highly decorated teacher - in 2003, he was voted the best professor by students in the School of Arts and Sciences and in 2006 he received the Dean's Award for Distinguished Teaching.Dr. Shatte has devoted his career to understanding the psychological aspects of motivation, leadership, and resilience and to developing programs to optimize human performance in a wide array of arenas - the workplace, in health, in academics, and in sports. Dr. Shatte; is co-author of meQuilibrium and The Resilience Factor.

TOPICS COVERED

7 SKILLS IN BUILDING RESISTANCE AND THEIR IMPACT ON PRODUCTIVITY, PERFORMANCE, HEALTH, HAPPINESS, AND WELLBEING
THE POWER OF EMOTION CONTROL - HOW EMOTION CONTROL IMPACTS OUR MENTAL HEALTH & WELLBEING, OUR PRODUCTIVITY & PERFORMANCE, AND OUR HAPPINESS & ENGAGEMENT
BOOSTING SELF CARE: LEARN HOW TO NAVIGATE AROUND ICEBERGS THAT HAMPER WORK-LIFE BALANCE, SLEEP QUALITY, NUTRITION AND PUT US AT RISK OF BURNOUT DURING PERIODS OF UNCERTAINTY
THE ROLE OF REALITY-BASED OPTIMISM AND POSITIVITY IN RESILIENCE

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