



ANXIETY AT WORK: STRATEGIES TO HELP TEAMS  
BUILD RESILIENCE, HANDLE UNCERTAINTY, AND GET  
STUFF DONE

with Chester Elton

Complimentary to IMS Members (US) per person

VIRTUAL SESSION (1-HOUR)

## ANXIETY AT WORK: STRATEGIES TO HELP TEAMS BUILD RESILIENCE, HANDLE UNCERTAINTY, AND GET STUFF DONE

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Even before the pandemic, anxiety was crippling the performance of workers-especially young employees. Today it is affecting productivity and leading to ghosting and burnout.

In this program, based on his bestselling book, *Anxiety at Work: 8 strategies to help teams build resilience, handle uncertainty, and get stuff done*, Chester Elton offers 8 tactics for managers to help their employees build resilience.

# CHESTER ELTON

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Chester Elton is a #1 New York Times Bestselling Business Author, Organizational Culture, Employee Engagement and Leadership Expert.

One of today's most influential voices in workplace trends, Elton has spent two decades helping clients engage their employees to execute on strategy, vision, and values. In his provocative, inspiring, and always entertaining talks, Elton provides real solutions to leaders looking to build culture, drive innovation, and enhance wellness. Elton's work is supported by research with more than one million working adults, revealing the proven secrets behind high-performance cultures and teams.

He has been called the "Apostle of Appreciation" by Canada's Globe and Mail, "creative and refreshing" by the New York Times, and a "must read for modern managers" by CNN. Elton is co-author of the multiple award-winning bestselling leadership books including All In, The Carrot Principle, Leading with Gratitude and Anxiety at Work. His books have been translated in more than 30 languages and have sold more than 1.6 million copies worldwide. Elton is often quoted in publications such as the Wall Street Journal, Washington Post, Fast Company and the New York Times. He has appeared on NBC's Today, CNN, ABC, MSNBC, National Public Radio and CBS's 60 Minutes.

In 2022, the Global Gurus research organization ranked him No. 3 among the world's top leadership experts and No. 3 for organizational culture. He is a member of Marshall Goldsmith's 100 Coaches and is a Thinkers 50 Coaching Award winner.

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