



Remaining Positive in Times of Crisis

DESCRIPTION

Beginning in March of 2020 the word “crisis” took on new meaning for billions of people. For most a global pandemic meant unprecedented challenges in relation to their careers, personal life, finances, relationships, and even physical and mental health. These issues were magnified when restrictions that were expected to last for a few weeks lingered on for over a year. This highly interactive program has been specifically designed to help participants to navigate these unique challenges as well as to reflect on personal lessons learned from the experience. Thus the content has been customized to impact both career and personal aspects of life. Attendees will learn strategies that can help them to control stress levels, build habits to promote growth, and focus on opportunities. As the world collectively works towards a return to “normal,” we know that even during relatively good times, stress, challenges, and crises are often a part of life. Therefore, although this training is framed through the lens of a global pandemic, we have carefully designed the content to be applicable to virtually *any crisis* that participants may face in the future.

LEARNING OBJECTIVES

- Discover 3 keys to manage mindset and reduce stress
- Create positive habits to promote personal growth
- Learn specific techniques to stay focused and productive during challenging times
- Create individual action items to maximize opportunities

ADVANTAGES

- Targets all audience levels
- Flexible timing
- Available for in-person, hybrid, and fully virtual events

Tyler Enslin

443.857.0509

tyler@tylerenslin.com

www.TylerEnslin.com