



Resilient Leadership

How To Lead With Awareness & Emotional Intelligence

"Resilient Leadership: How To Lead With Awareness & Emotional Intelligence" offers participants a chance to get what they need in order to give as they lead. By starting with an open discussion about our VUCA world, participants will be welcomed into group discussion, unpacking how to create a culture which can navigate uncertainty with healthy exercises. By identifying strategies of adaptability, along with coping skills, mindset practices, regulation, and the power of connection – participants will leave empowered knowing what to implement in their role and with their teams immediately.

Learning Objectives:

- Unpack the cultural landscape to assess what both frontline and leadership teams need in today's ever changing demands.
- Determine what each participant needs to thrive so they can lead from overflow and not deficit.
- Highlight the power of awareness and emotional intelligence as the currency for healthy exchange at every level.

Your Facilitator:

Cassandra Smith, our lead Facilitator and Founder of Change Your Narrative, a mindset and resiliency training agency, brings fifteen years of development and leadership to her talks. Organizations ranging from corporate spaces, to entrepreneurial agencies, to government facilities, and non-profit organizations have enjoyed her material. Her engaging, connected approach to facilitation balances teaching, processing, and future-forward action challenges for each participant – extending the discussion into each audience member's world once they return to the home or office.

Training Fee:

\$1,950 - One Hour Session
\$3,750 - 4 Hour Workshop

Cost Includes:

- ✓ Curriculum Design
- ✓ Post-Session Resources
- ✓ Training Materials
- ✓ In Person Training


Our Key Themes:

- The Power Of Connection
- Leadership Longevity
- Resiliency
- The Art Of Communication
- Mental Health & Mindset

Meet Cassandra

- 15 Years Of Development Training
- Instructional Design Developer
- TEDX Speaker
- Trauma Certified Specialist
- Mental Health First Aide Certified
- Founder: Change Your Narrative

Let's Connect:

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