



Navigating the Hard Stuff

As leaders, we're often confronted with challenges we aren't prepared or trained for. We get thrown into things we didn't know were part of the job, expected to juggle our own responsibilities while also supporting the team at work around us.

We also get trained on the skills and techniques we need to succeed in our leadership role. Classes, videos, books, training sessions—there are tons of ways to tactically learn how to be a better leader.

This isn't that.

When Jessica was diagnosed with cancer in 2021, she learned in an instant how her mindset would impact her ability to navigate the journey ahead. It wasn't easy, and it definitely wasn't for the faint of heart. In that process, she began to understand how the ability to control your mindset is paramount in navigating any challenging situation you're facing.

Using her stories of struggle and strength, Jessica will help you learn how to build the right mindset to manage the tough stuff. You'll also learn how to help cultivate that same mindset with the people in your life, both in and outside the office.

Whether you're in a new leadership role at work, adjusting to life on the other side of a global pandemic, or managing your own health journey, this session will give you a new perspective as you face the inevitable challenges of life.

After this session, attendees will be able to:

- Understand how their mindset impacts their ability to lead others
- Articulate a process to shift their mindset at work
- Apply practices to help successfully navigate their leadership role