



# Navigating the Hard Stuff

There are no trophies for who has it the hardest. Successful leadership, for everyone, is a process of perseverance that will test your nerves, heart, and spirit.

But what if there was a method, combining psychological strategies and practices, to make it a tad easier?

When Jessica Gendron Williams was diagnosed with breast cancer in 2021, she learned pretty quickly how much her mindset impacted her ability to navigate the journey successfully. As leaders, we're often confronted with challenges we aren't prepared or trained for, much less knew would be part of the job. Learning how to control and harness your mindset is paramount in navigating these challenges successfully.

The last several years have been filled with unpredictability, redirections, and way too much grief. These facts cannot be disputed. But what's also true is great leadership has never been more important. Your communities, organizations, chapters, and teams need you to show up in extraordinary ways and step one is learning how to navigate the hard stuff.

Audience members will...

- Explore the relationship between mindset and effective leadership
- Practice gratitude, breathing, and mantras as a means of enhancing perseverance
- Consider how embracing the "hard stuff" is essential to leadership success

Ideal Audiences

- Fraternity/Sorority Life
- Student Leaders
- Leadership Development
- Women's Empowerment