

# Leading Through Adversity: Increasing Capacity for Emotional Resilience

IQ and college degrees are not enough for leaders to be able to help their organizations survive, and even thrive, in adverse conditions. Critical factors in these situations are leadership competencies related to emotional resilience and social intelligence. In this highly engaging two-day event, participants will learn how to develop their own emotional resilience, as well as strategies and techniques for developing emotional resilience within their organization.

Key concepts:

- Learn why emotional resilience is important for successful leaders and organizations
- Understand the role of emotional resilience in their ability to effectively lead and support others through change and adversity
- Learn how to shift negative energy to a place of inspiration and hope
- Learn & practice specific strategies for developing emotional resilience in others such as ...
  - Using David Emerald's The Empowerment Dynamic (TED) to create a context of empowerment and hope
  - Communication techniques for handling emotions, conflict & solution-focused conversations
  - Embedding positive renewal experiences in our day to day lives
- And more!



**Monday, October 12 &  
Tuesday October 13, 2015**

**8:30 am - Registration  
9 - 3:30 pm - Program**

**Holiday Inn Express  
Conference Center  
Janesville, WI**

**Investment: \$275**

**1-2 Grad Credits available through  
Edgewood College (add'l cost)**

**Register: [www.myquickreg.com](http://www.myquickreg.com)**

**Content Questions?  
Contact Nicole: [nicole.barlass@cesa2.org](mailto:nicole.barlass@cesa2.org)**

**Registration Questions?  
Contact Peggy: [peggy.strong@cesa2.org](mailto:peggy.strong@cesa2.org)**

## **About the Presenter:**

Laura Gleisner, MS, ACC is an \*ICF certified professional life and leadership coach, as well as an engaging speaker and trainer. Laura has over 20 years of experience in the field of education as a teacher, consultant, trainer, systems change facilitator and leadership coach. Today, as the founder of [Laura Gleisner Coaching + Consulting Services, LLC](http://LauraGleisnerCoaching.com), she partners with high-performing individuals who are ready to manifest the career, leadership role and organizational influence they've always imagined. She uses her expertise and experiences to provide coaching, consulting and trainings around coaching as a leadership style, emotional resilience and effective communication to organizations and school districts across the state.

\*An ICF certified coach has graduated from a professional coaching program, certified through the International Coach Federation, completed hundreds of hours of coaching, received mentoring from an ICF master coach and is held to a professional code of ethics, standards and core competencies.

