

Enhancing Your Emotional Endurance

Living through the last few years, life has required leaders to become more agile and practice a new type of dynamic leadership.

One that is grounded in purpose and able to pivot flexibly as circumstances change. One that doesn't get stuck when life gets hard or things aren't certain. To be effective, leaders must embody Emotional Endurance – the dynamic capacity to deal with life stresses and challenges in order to keep going and rise above external circumstances. Backed by the science of Applied Positive Psychology and presenting many practical skills, this interactive training will teach participants how to adopt and practice essential qualities that promote a sense of resilience, perseverance, and fulfillment in order to enhance their Emotional Endurance.

ADDITIONAL TRAINING DETAILS

LENGTH: Customizable to be 2-6 hours depending on team size and desired learning outcomes

INVESTMENT: Starting at \$1,500 for a two-hour session

NEXT STEPS: Recommended to follow up with Executive Coaching for Managers and Team Leaders

