

American Management Association's Resilience and Strategic Risk Taking for Women Leaders

Learning Objectives

- Define the Five Characteristics of Resilient Leaders
- Learn Strategies for Becoming More Adaptable, Regardless of the Challenges
- Examine and Eliminate Sabotaging Beliefs
- Utilize Techniques to Handle Negative Emotions in the Face of Adversity
- Leverage Empathy to Understand Others
- Revitalize Yourself Physically, Intellectually, and Emotionally in Order to Lead Others
- Create an Essence of Power and Confidence Under Any Circumstance
- Explore What Factors Are Needed to Persuade and Strategically Win People Over

Five Characteristics of Resilient Leaders

- Identify the Five Tenets of a Resilient, Strategic, Risk-Taking Mindset
- Apply Powerful Tools to Change Negative Self-Dialogue to Effective and Empowering Language

The Elements of Charisma and Your Confidence Brand

- Identify the Elements of Charisma and Its Importance in Leading with Impact
- Use the Power of Optimism to Build Morale
- Demonstrate Confidence to Promote Positive Perception

Creating a Risk-Taking Mindset

- Create a Stress-Free Resource State to Stay Energized When Taking Risks
- Identify and Implement the Steps to Become a Risk Taker
- Explain the Importance of Self-Disclosure in the Risk-Taking Process

The Power of Courage

- Understand the Psychology of Courage
- Use the Four-Part Courage Formula to Take Courageous Action
- Use Physiology to Help Create a Courageous Mindset
- Identify Tools to Handle Challenging Conversations

The Power of an Empathetic Leader

- Use Empathetic Language in Daily Conversation
- Describe the Value of Empathy in Building Synergistic Work Environments
- Strengthen Your Professional Networks in Order to Be More Effective

Influence and Inspire: Setting the Stage for Your Future Successes

- Utilize the Power of Perception When Influencing Others
- Identify Strategies to Influence Others