



(EQ Focused - Leadership Audience)

## ***Decoding the Science of EQ for Standout Leadership***

*Leading with energy and resilience in high-stress environments.*

Faced with constant uncertainty, intense scrutiny, leading virtually, and on the heels of a pandemic, never has strong leadership been as essential or as difficult to practice as it is now.

Two areas being most heavily tested; how leaders leverage and evolve their emotional intelligence (EQ) skills and how leaders manage their energy to show-up day after day in a purposeful way, defined as their vitality quotient (VQ). The combination of these two is the difference between good but exhausted leaders surviving the stress of today versus leaders that stand out and thrive, in spite of the stress of today.

Building on the science of resilience, as well as her current research and experience coaching leaders and advising organizations as they focus on the future of work, Sara will share the following:

1. The top three behaviors that make the best stand out from the rest and the mindset barriers that must be overcome to demonstrate each in high-stress environments.
2. The science of how emotions influence leadership presence and how to ensure your vision translates into your desired impact and why this can be especially hard in virtual environments.
3. How to use a stress-buffering strategy to help deal with difficult situations and adapt to changing environments with confidence and resilience.
4. Whether in-person or virtual, an approach to balance empathy and accountability to expand your understanding of others, empower others to stretch and test innovative ideas, and address challenges head-on, so performance is lifted without exhausting yourself in the process.