

LEADERSHIP & MANAGEMENT

QNET presents:

The Resilient Leader:

Strategies for Growing Leadership Skills that Engage, Retain and Recruit Staff

Thursday, January 18, 2018 – 12:45 p.m. to 4:30 p.m.

Location: QNET – Suite 660, 175 Hargrave Street, Winnipeg

Do you want to be a more resilient leader? Experience and credentials make for good leaders but great leadership requires insight and resilience. To lead a team that will work hard, speak highly of an organization and attract good people, leaders need to enhance the interpersonal aspects of their leadership and of those that lead alongside them.

This session challenges leaders to increase their self-awareness, engage in strategies for skillfully managing stress and highlights methods to increase staff resilience and support employee mental wellness.

In this interactive workshop, participants learn the following:

- Latest trends in resilient leadership (what's in the research)
- Positive impacts resilient leaders have on staff
- Neuroscience behind managing your stress response
- Skills for increasing your resilience – including mindfulness
- How to use your EQ to increase resilience in your staff
- How individually and systemically you can protect staff mental health to prevent burnout and turnover

Facilitator: Shannon Gander is a Mental Health and Resilience Strategist. She is a skilled consultant, trainer, counsellor and mediator who has been consulting with individuals, workplaces and teams for over 20 years. She runs Life Work Wellness, a company that empowers individuals and workplaces to achieve their goals for better mental health and works as a counsellor for a multidisciplinary community health clinic. She uses research in neuroscience, leadership, mental health and positive psychology to inform her sessions. She has a passion for speaking to workplaces on psychological safety and helping staff and leaders increase their resilience to prevent burnout. Shannon's dynamic background in counselling and workplace interventions help her to bring the topic of resilience to life in a way that is authentic and helpful teaching participants skills to apply right away and into the future.

Fee:

- \$189.00 + GST for Members of QNET or APICS
- \$219.00 + GST for Non-Members

This session is presented by QNET in partnership with APICS Winnipeg Chapter and Manitoba Education and Training.

REGISTER ONLINE at www.qnet.ca



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