

# LEADERSHIP & MANAGEMENT

QNET presents:

## The Resilient Leader:

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

Monday, November 4, 2019 – 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 and how to use it)
- Skills for managing your stress response for more effective leadership
- How to use your EQ to give and receive feedback
- Actions that help employees feel safe at work and help teams thrive
- Individual and systemic strategies to protect staff mental health to prevent burnout and turnover

**Facilitator: Shannon Gander** is a Mental Health and Resiliency Strategist. She is a skilled consultant, trainer, counsellor and mediator who has been consulting with individuals, workplaces and teams for over 20 years. Shannon is the Director of Life Work Wellness, a company that empowers individuals and workplaces to achieve their goals for better mental health. 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 create the culture they want at work. 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 engaging, teaching participants skills to apply right away for immediate positive impacts.

**Fee:**

- \$209.00 + GST for Members of QNET or APICS
- \$249.00 + 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](http://www.qnet.ca)**



QNET  
Suite 660, 175 Hargrave Street  
Winnipeg, MB, R3C 3R8  
Phone: (204) 949-4999  
Fax: (204) 949-4990  
mail@qnet.ca  
www.qnet.ca