

Leadership and Wellbeing: Leaning into the Step Up Zone

Facilitator: Antimo Cimino

Leadership is about courage, inspiration, motivation, and empowerment.

Wellbeing is the enabler. Self-care is essential in order to care for others.

To embrace the notion that learning is a circle we are part of our entire life, we need to be reminded that constant change calls for constant learning, recalibrating, and centering ourselves. As leaders, we need to lean in and step up with a great deal of humility and vulnerability.

Employees' engagement and wellbeing have become particularly important during the past year. Engagement reflects the extent by which people's hearts and minds are dedicated to the work they do and why they do it. For individuals, organizations, and teams who are looking to create positive change in the world, engagement is critical and therefore needs to be sustainable. People's energy thus becomes the crucial currency of engagement and performance.

This workshop highlights the ability of neuroscience to help people understand the mind/body connection, and of wellbeing to support people during times of uncertainty, adjustment, and stress—all of which challenge their energy, performance, growth, and leadership.

If anyone in your professional and personal life looks up to you for guidance, inspiration, example and motivation, YOU are a Leader. This empowering workshop is for everyone!

In this workshop, participants will:

- Gain insights that can improve and affect leadership styles
- Become more aware of their habits, assumptions, and cultural programming regarding leadership and wellbeing
- Gain innovative approaches to create engagement
- Learn and practice real time exercises to mitigate stress
- Address and understand change and equip themselves with a coping strategy
- Realize the importance of prioritizing self-care
- Develop resilience

BONUS: After attending this workshop, you can also look forward to joining Antimo for guided mindful breathing prior to each of the tier 2 workshop sessions. We are calling this special time of preparation **Real Time the Step Up Zone.**

Mindfulness: Leaning into

Real Time Mindfulness: Leaning into the Step Up Zone

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Imagine pressing your own reset button to go inward and shift your awareness to your breath to create an essential space of focus, humility, and openness to new ways of knowing and being.

This is a great opportunity to practice mindful breathing modalities which have an array of mental and physical health benefits and can enhance your learning journey.

WHEN: 15 minutes prior to each tier 2 workshop session

DURATION: 10 minutes