



AMY BLANKSON

FEARLESS POSITIVITY: MASTERING MINDSET IN THE MIDST OF UNCERTAINTY

SEPTEMBER 23, 2021 | 8:30 A.M. – 4:30 P.M.

The world is changing so rapidly, how do we keep up and better yet flourish during these times? We all face fear, discomfort, and resistance to uncertainty and change, but our actions in the midst of these mindsets are what truly define us and provide the focus and strength to lead ourselves and our teams.

Fearless positivity is not the absence of fear, but the audacious opportunity to move through it by focusing on what matters most. And, when we focus on what matters most great things can happen for our communities, organizations, teams, and ourselves.

In this inspiring, interactive, and research-based program, Amy highlights leaders who have courageously chosen positivity in the midst of adversity. Leveraging learnings from positive psychology and behavioral science, she examines how negative mindsets hold us back, why some fear is actually good for us, and strategies to reframe stress to better serve others and ourselves.

The one thing we know for certain is that our personal and professional lives will continued to be challenged with uncertainty; however, with a positive mindset we can use these opportunities to challenge our norms and accomplish what we otherwise think is not possible.

This program will help leaders:

- Examine why a positive mindset is crucial for agile/transformational leadership.
- Apply simple daily actionable strategies for mastering mindset and fostering resilience.
- Transform your natural hardwired resistance to change by implementing new healthier habits that stick.

Competencies Addressed: Action Oriented, Courage, Interpersonal Savvy, Being Resilient, Self-Development

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Amy Blankson is the CEO of Fearless Positivity, Co-Founder of the Digital Wellness Initiative, and bestselling author of *The Future of Happiness*. A graduate of Harvard and the Yale School of Management, she's the only person to receive a Point of Light award from two US Presidents. She is also a member of the UN Global Happiness Council, a Fellow of the World Innovation Organization, a featured professor in Oprah's happiness e-course, and a regular contributor to *Forbes*. Her current work focuses on how to cultivate happiness and well-being in the digital era.



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