



## CULTIVATING RESILIENCE DURING TIMES OF UNCERTAINTY

with Dr. Kristen Lee

\$395 (US) per person

VIRTUAL SESSION (3-HOUR)

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In this Age of Burnout and within The Great Resignation, leaders and employees need tangible ways to optimize work environments that foster resilience, camaraderie, psychological safety, and trust. Learn evidence-based habits, mindsets, and practices to help create organizational cultures that strive to protect against the risk of burnout, exhaustion, and overstimulation, while optimizing talent, strengths, and resources for individual and collective well-being. Learn the difference between a "what if" outlook vs. "what is", and ways to stay and do well even in times of uncertainty. This virtual session provides a toolbox of interactive, practical, evidence-based strategies to cultivate resilience and a build a culture of connection and positive impact.

## DR. KRISTEN LEE

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Dr. Kristen Lee, Ed.D., LICSW, known as "Dr. Kris", is an internationally recognized, bestselling author, researcher, educator, speaker, and comedian from Boston, Massachusetts. Dr. Kris's research and teaching interests include individual and organizational wellbeing and resilience. She is the author of *RESET: Make the Most of Your Stress and Worth the Risk: Learn to Microdose Bravery to Grow Resilience, Connect More, and Offer Yourself to the World*. Some of her clients include Harvard University, Harvard Medical School, Nationwide, Snapchat, American Chemical Society, Virgin Pulse, and Johnson and Johnson. She holds a BS from Worcester State University, MSW from Boston University and an Ed.D. from Northeastern University. In 2011, Dr. Kris was the recipient of an Excellence in Teaching Award from Northeastern University for her "depth of knowledge" and "engaging teaching style".

# TOPICS COVERED

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## UNDERSTANDING BURNOUT AND THE GREAT RESIGNATION

EXPLORING THE CAUSES AND EFFECTS OF BURNOUT AND THE PHENOMENON OF THE GREAT RESIGNATION IN TODAY'S WORKFORCE.

## CREATING OPTIMAL WORK ENVIRONMENTS

DISCUSS TANGIBLE WAYS TO OPTIMIZE WORK ENVIRONMENTS TO FOSTER RESILIENCE, CAMARADERIE, PSYCHOLOGICAL SAFETY, AND TRUST.

## EVIDENCE-BASED HABITS & PRACTICES:

THIS SECTION INTRODUCES EVIDENCE-BASED HABITS, MINDSETS, AND PRACTICES THAT INDIVIDUALS AND LEADERS CAN ADOPT TO ENHANCE RESILIENCE AND WELL-BEING.

## THRIVING IN UNCERTAINTY:

PROVIDING STRATEGIES FOR STAYING AND DOING WELL EVEN IN TIMES OF UNCERTAINTY, INCLUDING RESILIENCE-BUILDING TECHNIQUES AND ADAPTIVE MINDSET SHIFTS.

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