



Leadership Resilience for Results

Optimizing individual and team performance

Could you and your team benefit from:

- Enhanced focus in the midst of competing challenges?
- Enthusiasm and vitality in your day-to-day work activities?
- Increased creativity and innovation?

Leadership Resilience for Results is your pathway to optimal performance.

This one-day workshop will provide you with the ability to:

1. Create a road map for your own peak performance as a leader.
2. Enhance focus and align your team to successfully navigate business challenges.
3. Practice specific tools and techniques to immediately apply in business settings.

Using the methods of Resilience/Coherence and Appreciative Leadership, you will learn how to build energy, focus and optimal performance for yourself and the teams you lead.

This is a highly interactive workshop combining decades of the consulting experience, wisdom and skills of Linda Berardi, Principal of WillowOak Center for Positive Change www.willowoakcenter.com and Sandy Travis, President of The Coherence Edge. TheCoherenceEdge.com

Sandy and Linda have collaborated to bridge the methodologies of the HeartMath System™ and Appreciative Inquiry/Leadership. This workshop is the first in a series to empower participants with tools for amplifying success, focus and resilience in an increasingly complex and fast-paced world.

Pay by Check:

Mail check payable to: WillowOak Center for Positive Change
2705 Poinciana Drive
Virginia Beach, VA 23451

When: Friday, April 29, 2016

Time: 9:00am-4:30pm
(Lunch/Snacks included)

Where: Broad Bay Country Club
2120 Lords Landing
Virginia Beach, VA 23454
www.broadbaycc.com

**Cost: \$159 per person* until 4/15/16
AFTER 4/15/16, \$179 per person**

6.5 HRCI Pre-Approved General Re-certification credits for SPHR/PHR
Pending Approval

Leadership Resilience for Results Workshop Registration

Name (Please Print) (Name for Name Badge)

Title Company/Organization

Billing Address – Street **(required)**

City State/Province Zip/Postal Code

(_____) _____

Phone

Email Address

Special Food Requirements (allergies):

Workshop Costs: Includes lunch, all workshop materials, and breaks.

By April 15, 2016	After April 15, 2016
\$159	\$179

Email/PDF completed registration to: linda@willowoakcenter.com

PAYMENT OPTIONS:

1. Registration by Check:

Mail check with completed registration form payable to:

WillowOak Center for Positive Change
2705 Poinciana Drive
Virginia Beach, VA 23451

2. Or via PayPal/Master Card/Visa at:

<http://willowoak.positivechange.org/pec-events/leadership-resilience-for-results-4/>

**For information call (757) 739-1603 or e-mail Linda Berardi at:
linda@willowoakcenter.com**