

A One-Day Seminar For Leaders

Job Stress and Health

National Institute of Occupational Safety and Health, 2016

Stress sets off an alarm in the brain, which responds by preparing the body for defensive action. The nervous system is aroused and hormones are released to sharpen the senses, quicken the pulse, deepen respiration, and tense the muscles. This response (sometimes called the fight or flight response) is important because it helps us defend against threatening situations. The response is preprogrammed biologically. Everyone responds in much the same way, regardless of whether the stressful situation is at work or home.

Short-lived or infrequent episodes of stress pose little risk. But when stressful situations go unresolved, the body is kept in a constant state of activation, which increases the rate of wear and tear to biological systems. Ultimately, fatigue or damage results, and the ability of the body to repair and defend itself can become seriously compromised. As a result, the risk of injury or disease escalates.

In the past 20 years, many studies have looked at the relationship between job stress and a variety of ailments. Mood and sleep disturbances, upset stomach and headache, and disturbed relationships with family and friends are examples of stress-related problems that are quick to develop and are commonly seen in these studies. These early signs of job stress are usually easy to recognize. But the effects of job stress on chronic diseases are more difficult to see because chronic diseases take a long time to develop and can be influenced by many factors other than stress. Nonetheless, evidence is rapidly accumulating to suggest that stress plays an important role in several types of chronic health problems—especially cardiovascular disease, musculoskeletal disorders, and psychological disorders.

This program will help you avoid the chronic stress problems addressed above.

the RESILIENT mindfulness & EQ LEADER connection

*Combining Emotional Intelligence and Mindfulness To
Enhance Leadership Decision Making and Impact*

Location: Chemical Heritage Foundation, Center City Philadelphia

More information: Richard McKnight • 610-742-6388 • RMcKnight@McKnightKaney.com

Cost: \$475 Includes continental breakfast, lunch, and all materials

Register: Richard McKnight • 610-742-6388 • RMcKnight@McKnightKaney.com

Presenters

Richard McKnight, PhD

Curt Woolford, MA

November 14, 2016 • Chemical Heritage Foundation, Center City Philadelphia

What You Will Come Away With

- ❑ Understanding of how emotional intelligence and mindfulness can combine to build resilience and enhance performance at a personal, work unit, and organizational level
- ❑ Deep appreciation of your own emotional intelligence competencies; where you're strong, where you need to develop
- ❑ The benefits that come from training in mindfulness:
 - Enhanced focus and attention
 - Greater cognitive flexibility
 - Greater resilience
- ❑ Enhanced ability to be "unconditionally constructive" at work

Who Should Attend?

The person who will benefit most from this program works in a high-demand position, has ambitious career goals, and wishes to maintain a sense of wellbeing and balance in the midst of making extraordinary contributions.

The course is also beneficial for those who consult with or coach these individuals.

Seminar Fee Includes

- Continental breakfast and lunch
- All materials including a copy of McKnight's book, *Victim, Survivor, or Navigator: Choosing a Response to Workplace Change*.

THIS IS A ONE-DAY PROGRAM for business executives and nonprofit leaders. It builds the skills necessary to have greater leadership presence and effectiveness while maintaining inner serenity, compassion, and stillness.

Leadership, by definition, is about creating useful change. Resilience is essential in accomplishing each of its core tasks: Creating a vision, building alignment, leading strategy execution.

The skills of emotional intelligence and mindfulness which make up this program help enormously in leading, both in deploying one's own energy and in connecting the energy of others with a hopeful vision.

The key to burnout prevention is resilience, but the goal of this program is not only to prevent burnout. It will also enhance the leader's ability to align with others in common cause.

Richard McKnight's personal optimization model will influence the course: In the face of stress, every leader has three choices: to function as burnt out Victim, as a grimly determined Survivor, or as a resilient, emotionally intelligent Navigator.

Agenda

MORNING

- What is resilience and what do we know about it?
- The role of positive emotions in resilience
- Defining emotional intelligence and mindfulness and how they increase personal resilience
- Mindfulness Training, I
- Three mindsets of a leader: Victim, Survivor, Navigator (Navigator Self-Assessment)
- Optimal Stress Inventory
- Emotional Intelligence feedback
- Mindfulness Training, II

AFTERNOON

- Using one's Communication Styles to predict stress and enhance resilience
- Fostering resilience through mindfulness: A review of Google's and other programs
- Developing a resilience practice
- Mindfulness Training, III

Participants Will Complete These Assessments Before or During the Course:

*Emotional intelligence Inventory
Optimal Stress Inventory
Navigator Self-Assessment*

Key Presenters



RICHARD MCKNIGHT, PhD has consulted to CEOs, top leaders, and their teams for 30-years. He has written extensively about strategy execution and stress management and is the lead author of *Leading Strategy Execution* as well as *Victim, Survivor, or Navigator? Choosing a Response to Workplace Change*. Rick is certified in the EQi, the most widely used Emotional Intelligence test in the world. Rick has clients in New York City and Philadelphia.

CURT WOOLFORD, M.A. is a certified mindfulness teacher, credentialed by both the University of Pennsylvania Medical School and Jefferson Medical School. He has studied Mindfulness-Based Stress Reduction with Jon Kabat-Zinn, The Penn Program for Mindfulness, and the Jefferson Mindfulness Institute.

"Contemplative practices can be made beneficial both to people's careers and to business bottom lines."

—Chade-Meng Tan
Software Engineer, originator of Google's "Search Inside Yourself" mindfulness course, and bestselling author