

Educational Seminar for Non-Profits

PRESENTED BY

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Non-Profit Collaborative

How to Make Stress Your Ticket to Success

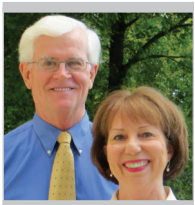
Tuesday, May 26, 2020

8:30am – 10:30am | Doors open at 8:00am | Complimentary breakfast provided

Salvatore's Conference Center | 354 Merrimack Street | Lawrence, MA

Everyone has heard how stress affects our sleep, leads to disease and lowers work-place satisfaction and productivity. Even the word stress makes us feel “stressed”! This workshop directs you to view stress as a positive call to action in four “Power” areas. Our presenters, a husband and wife team, form a unique blend of a non-profit CEO joining with a seasoned psychotherapist/leadership coach. They will present stress as a win-win opportunity for both individual and agency growth. In this workshop you will learn:

- ▶ The Power of the Mirror: Emotional triggers reveal opportunities to change negative beliefs
- ▶ The Power of Leaning In: Optimal problem solving comes from validating all perspectives
- ▶ The Power of Intuition: Intuitive building exercises to use throughout your work day
- ▶ The Power of Engaging the Whole Organization: Proven methods to optimize well-being in your agency



PRESENTERS:

STEVE MUNDAHL, Non-Profit CEO/Corporate trainer and Professor of Leadership Studies, is a recently retired non-profit CEO of thirteen years as President of Goodwill Industries in Western Massachusetts. His book, *The Alchemy of Authentic Leadership* is used by universities in their non-profit and business classes. He was recently named the Professor of the Year at BayPath University in the Master's Program for Non-Profit Management. Mundahl also teaches leadership classes at Trevecca University in Nashville, TN.

SHARON MASSOTH, LCSW, Psychotherapist/Non-Profit Trainer/Leadership Coach, is a practicing psychotherapist of 40 years and a certified professional coach working with leaders in universities, healthcare and insurance industries. She specializes in desensitizing trauma, mindful-based practices, positive psychology and building intuition as a path to inner and outer success.

To register or for more information, visit EnterpriseBanking.com/NPC.