



How to Strengthen Your Emotional Health Skills During Challenge And Uncertainty

*Virtual talk and training
for leaders, teams, and companies*

Change is constant in today's workplace, but the Coronavirus has brought about a fundamentally new level of challenge and uncertainty, causing increased stress, anxiety, and fear.

As organizations react by building new continuity plans, WFH policies, and making other structural changes, it is essential that they also prioritize the emotional health and well-being of their leaders and teams.

While this should always be a priority, empowering employees with tools and practices to manage stress, increase resilience, and perform at their best is a non-negotiable during times of crisis and uncertainty. Without these critical well-being strategies, fear and uncertainty become overwhelming and increase employees' stress levels, which can dramatically sabotage short- and long-term performance.

The great news is that emotional health is a skill which can be improved and cultivated with practice — and it can help you not just cope, but thrive during change and uncertainty.

This virtual talk and training session can support your teams now!

Using the science-backed Happier Method™ and armed with research in neuroscience and psychology, Nataly shares the skills and highly tangible, simple practices that leaders and employees can implement right away. These practices help to reduce stress and anxiety, boost resilience, foster a greater sense of connection with their colleagues (including when working remotely) and improve their ability to make decisions and problem-solve during times of change and disruption.

In this 60-90-minute practical talk and interactive training session, Nataly will cover:

- Research on uncertainty and the human brain
- Proven skills and practices that can help mitigate the inevitable stress, worry, and fear
- Strategies to foster a sense of human connection while working remotely
- Special session for leaders or teams with practices and rituals to help everyone be at their best, improve collaboration, and strengthen a culture of openness, and kindness

5 Emotional Health Skills



ACCEPTANCE: Learning to look at how you feel and how things are with clarity, rather than judgement, and using that as your starting point to make decisions

When you actively accept your emotions and challenges, you're able to respond from an elevated place, as an observer, and choose the best next step, rather than reacting from a place of judgment or fear—and you can help your colleagues do the same. Practicing this skill in teams builds a foundation of trust, improves problem-solving, and reduces wasted energy and fear of openly sharing mistakes or failures.

GRATITUDE: Making an active choice to notice the small, positive moments in everyday life—even when times are challenging—and sharing your appreciation for other people with them.

When you practice gratitude, you derive more joy and satisfaction from your work, and increase your resilience and ability to be fully present with your colleagues. When you express gratitude towards others, you elevate them by helping them feel valued, you amplify what you want them to do more often, and you boost their enthusiasm, motivation, and resilience.

INTENTIONAL KINDNESS: Being actively kind to others with the intent to support or elevate them in some way, without expecting anything in return.

When you do something kind, you and the receiver experience positive emotions and feel less isolated and stressed. You cultivate open communication, civility, empathy, warmth, and helpfulness, while creating a ripple effect of kindness and belonging within your team, company, and customers.

THE BIGGER WHY: Regularly connecting with your sense of meaning and purpose by identifying how your daily activities and tasks support bigger goals, help others, or contribute to a cause you believe in.

When you connect to your Bigger Why, you unify and elevate goals, tasks, and projects, which helps you and the people on your team connect to a sense of purpose in your daily work. This increases motivation, productivity, job satisfaction, resilience, and the ability to get through challenges with less stress—for you and everyone around you.

SELF-CARE: Actively nurturing a kinder friendship with yourself by practicing self-compassion, learning how to rest and renew, and finding ways to fuel your mind, body, and soul.

Proactive self-care helps you feel and be at your best, and reduces overwhelm and the risk of burnout. When you share how you invest in yourself and encourage your colleagues to make self-care a priority, you amplify each other's ability to reduce stress and significantly improve well-being, resilience, and motivation.