



NAVIGATING UNCHARTERED WATERS LEADERSHIP COACHING

The global pandemic initiated a time of unprecedented stress, anxiety and fear. As leaders consider the logistics of creating a safe physical environment they must also prepare for the range of emotions that employees will feel as they return to a new “normal”. Leaders will need skills to recognize and respond to employees’ experiences in order to effectively meet the business challenges for their organizations.

“Our work is about preserving what it is to be human - experiencing emotion, being present, interacting socially.”

– Mark Brackett, Ph.D, Director at Yale Center for Emotional Intelligence

Leading with compassion will be key during this time. Your leaders will be engaging with their teams in a new way in a time of continued uncertainty and stress...

...we can support their journey.

Navigating Uncharted Waters - Leadership Coaching

Who	A group of leaders at the same level within an organization
How	<p>4 facilitated sessions centering on:</p> <ul style="list-style-type: none"> ◆ Self awareness and self compassion ◆ Managing compassionately ◆ Leading with empathy ◆ Healthy conversations and connections <p>The sessions will combine education, reflection and discussion as we work together to navigate this unprecedented time.</p>
Why	To maximize the ability for leaders and teams to transition for success.

Benefits of working with Vernal

In partnership with Vernal you can count on us to:

- ◆ Encourage leaders to heighten their self-awareness and demonstrate compassion
- ◆ Provide a safe environment for discussion of the challenges and opportunities during the time of transition
- ◆ Strengthen the leadership skills necessary for your business success

We support your leaders as they manage through these unpredictable times and work towards a successful transition!

If you'd like to learn more; please email us at: info@ccvernal.com

