



(EQ Focused - General Audience)

Decoding the Science of EQ to Stress-Proof You

At work and at home.

Never have the skills of Emotional Intelligence (EQ) been as heavily tested and relied upon as right now. With people navigating new ways of working, this is especially true for teamwork and collaboration. The challenge is that with stress, exhaustion, and disconnection on the rise, it has also never been as difficult to practice these skills as it is right now, whether at work or home.

In this keynote, Sara Ross will change that by helping you tap into your EQ skills to go from simply surviving the stress of today to thriving with energy and resilience, in spite of the stress of today.

Building on the science of resilience and performance, as well as her current research and experience coaching leaders and advising organizations as they focus on the future of work, Sara will share the following:

1. The top two behaviors that make the best stand out from the rest in high-stress environments and how to apply small mindset shifts to help you demonstrate each without exhausting yourself in the process.
2. How to strengthen personal accountability by exploring the science of emotions to better understand the impact you have when emotions run high, especially through email.
3. How to use a stress-buffering strategy to help deal with difficult situations and adapt to changing environments with confidence and resilience.
4. Whether in-person or virtual, an approach to connect and collaborate with empathy to expand your understanding of others, stretch and test new ideas, and address challenges in a head-on, trust-strengthening way.