



(VQ Focused - Leadership/Executive Audience)

## ***Standout Leadership in a Worn-Out World***

*Raising your Leadership Vitality Quotient (LVQ) to take on bold goals.*

Taking on anything challenging, even when meaningful, will involve stress. In a world defined by unrelenting change, it's not surprising there's been a spike in stress levels and a drop in energy levels. People report feeling perpetually consumed by work and behind on life. For leaders, there is an additional layer of pressure – managing their stress, their energy, and their work as well as that of the people they lead.

The challenge is that the traditional well-intentioned advice of “ease up and slow down” to tackle stress is often impossible to apply. Worse, it inadvertently results in people feeling they need to compromise their drive and dedication in the process. There is a better way.

In this keynote, Sara Ross will share her research showing you that raising your Leadership Vitality Quotient (LVQ) will help you stand out as the leader you want (and need to be), without burning yourself or your people out in the process.

Sara will take you through the steps to increase your LVQ, making it your distinct competitive advantage in the future of work by:

1. Differentiating healthy standout-stress from unhealthy sacrifice-stress.
2. A method to spot and avoid the most deceiving “Brain Traps” that disguise themselves as paths to success but instead negatively influence your decisions, effectiveness, vitality, and relationships.
3. A Key Vitality Indicator (KVI) system to monitor your mental, emotional, and physical energy helping you identify the tipping point where more work becomes counterproductive with ways to replenish your energy when you don't have an abundance of time.
4. Highlight the amplification effect of vitality-boosting and depleting practices to help you understand how to lead more energized teams and organizations.
5. Strategies for better energy management in virtual environments, setting work-home boundaries, and dealing with digital depletion exacerbated in virtual work.