

Above the Line: Effective Thinking for Today's Workplace Challenges

Thursday, May 18, 2023

10 a.m. - 11:30 a.m. | Online via Zoom

Today's work world is uncertain, complex, highly demanding, and full of emotional triggers. Unless we're intentional, these conditions can cause us to "armor up" and lead with ego. When we show up to work this way, we create or worsen all the things we don't want on our teams: ineffective communication, conflict and resentment, trouble navigating change, lack of common vision and purpose, decreased performance, disengagement, and burnout. This training introduces three simple but powerful concepts participants can use to generate effective thinking, respond to emotional triggers, bring their best selves to the workplace, and create a team where candor, collaboration, and innovation are the norm.

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Natalie Johnson is the Co-Founder and CVO of ViDL Solutions. She works with organizations globally to ignite cultures and behaviors, so people function at full capacity. She is an award-winning consultant and sought-after speaker with over 30 years' experience in peak performance and organizational wellbeing. She is known for her contagious energy and her ability to help companies and people align behaviors with what matters most.



- ▶ **Registration link:** <https://us06web.zoom.us/join/joinMeeting/register/tZ0udeqprz4jHNaoSl2ypOiyS54Aj728nVM5>
- ▶ **Zoom link:** <https://us06web.zoom.us/j/89323115962>
- ▶ **Meeting ID:** 893 2311 5962



Culture is Prevention

SAMHSA
Substance Abuse and Mental Health
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