



STRESS-LESS LEADERSHIP:

BECOME THE LEADER PEOPLE NATURALLY FOLLOW

Scientific research shows that a highly effective way to reduce stress is to give it to someone else. Unfortunately, leaders often pass their anger and frustration on to their followers with micromanagement, mandates, displacement aggression, and other toxic behaviors.

High stress is a direct cause and an inevitable consequence of poor leadership in the workplace. Stress and leadership are intimately connected, but this complex relationship rarely receives adequate attention. In times of increasing uncertainty, possessing efficient stress and burnout management skills separates good leaders from bad ones.

From this Neuroscience-driven, content-rich workshop, you will gain insights into how to deal with stressors rather than tolerate more stress. You will receive proven techniques to increase your team's productivity and psychological safety. You will integrate stress reduction into your leadership decision-making. You will become aware of negative stress-reducing outlets that cause long-term harm. You will acquire the knowledge to create a more sustainable culture. You will avoid becoming a stressor to your followers.



TO ATTEND, YOU MUST REGISTER IN ADVANCE.

Feb. 1 • Midland Hills Country Club

Breakfast: 8:00 am • Speaker: 8:30 am–Noon

2001 Fulham St., Roseville MN 55113

RSVP by Jan. 25, 2024 to

Lisa@mnexecutivegroup.com

LEARNING OBJECTIVES:

1. Explore how good leadership lowers stress in the workplace and bad leadership does the opposite.
2. Practice a new scientific framework that centers on having control, predictability, progress, social support, and frustration outlets to handle various stressors.
3. Examine the biology of stress and burnout. Recognize how the common self-care approach to stress and burnout reduction sets us up for failure by assuming we all have unlimited tolerance for stress.

SPEAKER

Dr. Terry Wu,
Ph.D.



Why the Brain Follows:
Transform Leadership with Neuroscience
www.WhyTheBrainFollows.com

2+ million people have learned the Neuroscience of Decisions from Dr. Terry Wu. He received his Ph.D. in Neuroscience from Vanderbilt University. He studies how to apply Neuroscience to strengthen leadership. His research has uncovered many highly unique and valuable insights that empower leaders to make their leadership more predictable and successful.

Dr. Wu has spoken at 200+ conferences and corporate events. He turns complex scientific studies into interesting, easy-to-understand stories that his audiences can relate to. He makes Neuroscience practical and actionable. His highly engaging storytelling style has been extremely well-received by audiences around the world.



763.477.5599

6810 Greenfield Road • Loretto, MN 55357

www.mnexecutivegroup.com