

## Monica Hawkins

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**From:** AMO Communications <Communicate@amo.on.ca>  
**Sent:** Tuesday, April 20, 2021 10:01 AM  
**To:** Monica Hawkins  
**Subject:** AMO and the Loomex Group Leading Through Crisis: Strengthening Personal Resilience

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## ONLINE TRAINING

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April 20, 2021



### **AMO and the Loomex Group *Leading Through Crisis: Strengthening Personal Resilience***

As the pandemic wears on, leaders can become worn down. AMO has joined with the Loomex Group to offer training that provides tools for elected officials to build resilience and strength in providing leadership through and beyond COVID-19.

Pandemic fatigue is impacting leaders. Stress is building.

While positive news about vaccines gives new hope, it does not change the fact that people may be struggling - and it could be the case for many months to come. Leaders need opportunities to restore and care for their well-being.

In response to the need for self-care and well-being for those in leadership positions, the Loomex Group are facilitating a one-day, virtual workshop to support the strengthening of personal resilience for municipal leaders.

The Loomex Group facilitators bring a wealth of experience in dealing with high-stress situations and have an acute awareness of the strategies that support resilience.

This virtual and experiential workshop will explore:

- healing exercises facilitated by an Indigenous community leader
- how to cultivate personal resilience and mindful leadership

- crisis communication tools
- supports required to move forward.

Registration is limited and on a first come first serve basis.

Date: Thursday, May 13, 2021

Time: 9:00 a.m. – 3:00 p.m.

Registration Fee: \$225 plus HST\*

Register: [Here](#)

\*Cancellation fees in affect

Please submit any questions to AMO Events: [events@amo.on.ca](mailto:events@amo.on.ca)

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