

Monica Hawkins

From: AMO Communications <events@amo.on.ca>
Sent: Friday, May 7, 2021 12:48 PM
To: Monica Hawkins
Subject: Leading Through Crisis - Date Added

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ONLINE TRAINING

May 7, 2021



Leading Through Crisis Strengthening Personal Resilience New Dates Added! June 17 & September 16, 2021

AMO and LOOMEX are offering two additional dates for the *Leading Through Crisis: Strengthening Personal Resilience* training - June 17th and September 16th.

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 organizational 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 wellbeing 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.

Dates: Thursday, June 17, 2021, and Thursday, September 16, 2021

Time: 9:00 a.m. - 3:00 p.m. EST

Registration Fee: \$225 + HST*

Register: [Here](#)

Cancellation fee: \$50.00

Please submit any questions to AMO Events: events@amo.on.ca

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