

# Rising from Uncertainty... One Moment at a Time

## WITH SHAWN ELLIS, AMERICA'S RESILIENCE COACH

As we are collectively focused on how we can slow the spread of the COVID-19 coronavirus, we as leaders must also focus on what we *need* to be spreading among our team members right now: **CERTAINTY**.

This is a time of unprecedented *uncertainty* and we are all scrambling to adapt to a new way of life and work. What was familiar and reliable just days ago has been taken away, and now we must develop and implement new strategies to not only thrive, but to *survive*.

We *will* get through this, and we *will* rise above, but we must not make the mistake of rushing into the “how” of it all before we first address the fear, anxiety, sadness, loss, and other disempowering emotions that are consuming your people right now.

The key to rising up is to shift from states of fear and anxiety into an elevated, empowered state of CERTAINTY. It is from this state that you will find the creativity, resourcefulness, optimism, and other qualities you and your people need to implement the strategies required to succeed today.

This is the principle of **State Before Strategy**.

So, where do you find this CERTAINTY? We must stop looking for it in our circumstances—which continue to change by the day, or by the hour—and instead cultivate it from within.

If you need help, this is exactly what popular speaker and coach Shawn Ellis teaches in his new virtual workshop—designed specifically for this moment in time—titled **“Mastering the Moments: Five Key Shifts to Find Clarity and Calm in the Midst of Chaos.”**



Call us at 615.526.6600

Visit [www.ShawnEllis.com](http://www.ShawnEllis.com)

# ABOUT THE PRESENTATION

## Mastering the Moments: Five Key Shifts to Find Clarity and Calm in the Midst of Chaos

As you're scrambling to adapt to a new way of life and work—as we all are—in this time of unprecedented uncertainty, it's natural to feel overwhelmed, frustrated, and even afraid. You're human!

The combination of rapid change, increased demands, and limited resources is a lot to process. That's why a renewed emphasis on self care is critical, and that's what this session is all about. The most important human resource, after all, is YOU.

In this session, you'll learn how to tap into the power of your heart, mind, and spirit to cultivate the resilience that will allow you to not only survive, but thrive, in the face of this crisis... one moment at a time.

### After this session, attendees will:

- Have tools to proactively take control of their thoughts to **stay calm, centered, and aligned** with core values to make necessary decisions
- Have a 4-step process to **identify and let go of limiting beliefs** that naturally crop up when facing new challenges
- Be able to **find an empowering meaning** in this crisis and others that may show up in the future
- Know the two questions that allow us to connect to the highest human needs of growth and service to **pull them forward in difficult times**
- Have **confidence that they have the inner strength to thrive** in life and work, regardless of the circumstances

## RECENT AUDIENCE FEEDBACK

"I cannot say enough good things about his presentation. Shawn found a way to add humor to topics that had previously been tense. At the end of the talk, Shawn centered the group back to why all of this is actually important.... He was excellent!" – *Bayhealth Medical Center*

"Interactive, customized, and just what we needed." – *United Insurance Group*

"I continue to hear such positive feedback... What's really nice is that the feedback is coming from every employee group... not just teachers, which was my goal. Your message touched everyone! We were all energized and focused after our time with you." – *New Milford Public Schools*