



# THRIVING THROUGH ADVERSITY

## Overcoming Change & Uncertainty with Confidence

2020 was full of change and challenges, but it was also full of new solutions to help you build resilience and lead with confidence. While further change is inevitable, the question becomes: how can you adapt to not only survive the change but to truly thrive through change? This talk aims to help you and your team discover how to lead in times of uncertainty, build flexibility to the unexpected, increase your confidence, and future-proof your mental health during times of major transition.

When faced with challenges out of your control, it is easy to feel powerless. And in this talk, I guide you and your team in taking your power back. Through this tried-and-tested approach, you will learn how to make rational and confident decisions, even in the face of uncertainty. This approach will also show you how to create a clear path to accomplish your goals while reducing stress in the process. Together, you'll have the chance to recognize the obstacles you each face and find a path forward to overcoming them.

### In this session you will learn:

- The seven key principles of energy leadership — proven to increase satisfaction in 14 different key areas of your life such as relationships, time management, and work-life balance
- How to shift your thoughts, feelings, and actions to reach your desired results faster
- How to move through major transitions with confidence and resilience
- How to grow your self-trust, and ride the wave of change effortlessly

“Charlotte is a great facilitator, professional & person, who can guide, facilitate & coach group & individual work sessions with outcomes beyond expectations.

**Dr. Liliya Terzieva**, Senior lecturer and researcher,  
Breda University of Applied Sciences



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