



CFDD EDUCATION
WEBINAR

BECOMING A BETTER LEADER THROUGH MENTAL FITNESS

MAY 10, 2023

11:00-12:00 CST

RSVP REQUIRED

WEBINAR LINK PROVIDED TO REGISTERED ATTENDEES



As a leader, developing your mental fitness enables you to make sound decisions and maintain focus. It is essential to achieving peak performance and can be the difference between success and failure for you and your team. Mentally fit leaders model resilience, positively influence team culture, and foster a collaborative work environment. By prioritizing your mental fitness, you can improve your leadership skills, boost your productivity, and enhance your overall well-being.

Now more than ever before, leaders are being asked to help their teams manage uncertainty, stress and burnout. It is those who are mentally, physically and emotionally fit who will help their teams the most. In this interactive session, we will focus on:

- How to develop your mental fitness
- The benefits of mental fitness
- Personal approaches to mental fitness that you employ

Our session is led by Tom Schreiber, Certified Coach, Facilitator and Consultant. Tom has presented twice before to CFDD audiences on "Developing Emotional Intelligence" and "Dealing With Stress During the Pandemic" and we are excited to have him lead this session. You can learn more about Tom at www.tomschreiber.net.

Register now for Tom's session on May 10, 2023, at 11:00 CST.



Tom Schreiber
Certified Coach, Facilitator and Consultant

RSVP Reservation Required
CFDD Member - Complimentary
Non-Member \$10
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