



Teleos
Leadership Institute

DATE: May 21 & 22, 2020

LOCATION: Teleos Leadership Institute
7837 Old York Road, PA 19027

TIME: Breakfast 8:30 - 9 a.m.
Program 9 a.m. - 4 p.m.

PROGRAM COST: : \$650



Resiliency in Action: Trauma Informed Leadership

The Resiliency in Action workshop is ideal for leaders working in communities, organizations or industries impacted by trauma or who have experienced trauma themselves. Trauma can be described as a deeply distressing or disturbing situation and can be applied to a range of experiences from death and loss to layoffs and unwanted change.

In this day long workshop, participants will get research-based information about repeated trauma and how trauma can impact leadership, emotional intelligence and teamwork. You will learn about and apply resiliency strategies to keep your 'batteries charged', and you will explore how to use resilience and emotional intelligence so that you can heal and mitigate trauma and lead your teams to be at their best. You will have the opportunity to explore and create your own 'Base Camp' to support your work as a leader and tap in to the values and strengths that can support your leadership and your teams. This program is useful for leaders and for professionals who work with, coach and support them.



Dr. Gretchen Schmelzer brings 26 years of executive coaching, transformational leadership development, and management consulting experience to her work. She received her doctorate in Counseling Psychology from Northeastern University and is the author of the book *Journey Through Trauma*, a trail guide for those recovering from trauma. Gretchen's mission is to change the conversation about trauma and to provide support for those who are healing from PTSD and repeated trauma. Through her book and workshops she serves as a guide on their healing journey, and supports the people who love them and the people who work with them.

The Resiliency in Action workshop is ideal for:

- Community leaders working through trauma in their communities
- Organizational leaders guiding people through change, layoffs and restructuring
- Leaders who have lived with Post Traumatic Stress Disorder (PTSD) or work with populations impacted by PTSD

[REGISTER HERE](#)