

JOIN ANTIOCH'S
UNDERGRADUATE
PROGRAM FOR
OUR FANTASTIC
FRIDAY WORKSHOP
IN HONOR OF
INTERNATIONAL
WOMEN'S DAY 2024

Leading with Emotional Agility in the New Workforce Culture

Friday
April 12, 2024
1:00–2:30PM
at BC Forum, SBCC

TALKING POINTS OF THE DAY:

We speak, on average, 16,000 words in a normal day. Just imagine how many more pass through our minds, unspoken and bottled up. These thoughts are more than often opinions, judgements, and feelings that we don't express for a variety of reasons, but nonetheless, we carry the weight of them around with us day in and day out.

The pandemic took the world by surprise and three years later it left us with a totally different world. Many people now report heightened feelings of anxiety and depression in the wake of lockdowns, isolation and the move to virtual communication becoming the norm.

Though corporate culture pushes the belief that difficult emotions and a negative mindset have no place within the office environment, biology demands that we not only acknowledge these feelings, but respect them and make space for them. Criticism, doubts, and fear all serve a role in allowing us to anticipate issues and solve problems that we experience on a daily basis.

Oftentimes, leaders are pressured into projecting unfailing optimism and confidence, despite the emotional and mental state of their teams. Research is consistently showing that effective leaders don't suppress their inner negative experiences. Instead, they approach them in a mindful, values-driven, and productive way—developing what we call *emotional agility*.

Join us on April 12, from 1-2:30, and learn from five exceptionally remarkable women leaders on how to navigate through uncertainty and negativity to maintain their emotional agility in this new world of workforce culture.

LEARNING OBJECTIVES INCLUDE:

- What is emotional agility?
- How to maintain optimism when things go awry.
- How to create change for the betterment of yourself and others.
- Ways to manage negative thoughts and self-doubt to achieve goals.





PANELISTS
MODERATOR



LOIS PHILLIPS, PH.D.

Founder of Strategic Change Associates
Founder of Antioch University, Santa Barbara
Founding Board and first President. Association for Women in Communications
LoisPhillips.com/About-Lois



LINDA CROYLE, M.ED.

CEO of Croyle Consulting. Croyle Consulting is a highly respected public speaker, trainer, and manager with over 30 years of professional experience in values-based organizational management and development.
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ANNA EVERETT, PH.D.

Media historian and Emeritus Professor of Film and Media Studies at the University of California, Santa Barbara (UCSB) after 22 years. Vice President, SBCC, Board of Trustee (Area 4- Santa Barbara)
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JACKIE GARDINA, J.D.

Dean and Chief Academic Officer of the Santa Barbara and Ventura Colleges of Law. Author and Co Host of podcast Sidebar.
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TANIA ISRAEL, PH.D.

UCSB Professor of Counseling Psychology and Association Dean for DEI, author of *Beyond Your Bubble: How to Connect Across the Political Divide*.
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Light refreshments provided.
This event is made possible by the Ken Richardson Student Support Fund.

Co-sponsorship with
SBCC School of Extended Learning.



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