

Subject Line: Join Us for a Session on Resilience – April 10 or 11



Global Finance is excited to present: [Getting Ahead: Managing Your Mind for Performance and Resilience](#). As part of [launching C.O.R.E.](#), this session will focus on the Culture component by building our personal resiliency through empowering your deepest values and allowing you to overcome the most challenging circumstances. Resilience has become a popular topic in recent years discussed in the context of work, change, entrepreneurship and, of course, the individual. So, how do you cultivate the value of resilience, especially when facing change or a challenging situation?

Join us on April 10 or April 11 for an exclusive session: [Getting Ahead: Managing Your Mind for Performance and Resilience](#) with Dana Pulley from [Potential Project](#).

Register for the session of your choice:

- April 10, 10am-12pm: <https://bit.ly/2TTxgsD>
- April 10, 2pm-4pm: <https://bit.ly/2FWnzpz>
- April 11, 2:30pm–4:30pm virtual session: <https://bit.ly/2FGUXze>

During the session, participants will learn:

- What consciousness is and the value it offers to the workplace
- The many benefits of mindfulness practice for your effectiveness, health, and wellbeing
- Simple and powerful exercises that can help you ‘train your brain’ to be more focused, creative and productive
- Tips and guidance on how to bring mindfulness into your work day

As a huge proponent of TakeCare, I encourage you to prioritize your physical and mental health this year. And, I invite you to connect with us to elevate and align your skills to gain and maintain your personal strengths. We hope to see you there.



Sincerely,
Leeny Oberg, CFO
(signature)