

Creating A Positive Mindset

April 8, 2025

Webinar

12:00 - 1:00 pm

Description

A resilient mindset is the cornerstone of exceptional leadership. This session will help you identify and transform limiting beliefs, fostering a growth-oriented mindset that drives success. Enhancing self-awareness and emotional intelligence will enable you to approach challenges confidently, laying the groundwork for increased impact and influence.

Key Learning Objectives:

1. Identify and transform limiting thought patterns to foster a resilient, growth-oriented mindset.
2. Implement strategies to maintain peak performance under pressure, facilitating a positive approach to leadership challenges.
3. Enhance self-awareness and emotional management to navigate the complexities effectively.

Who Should Attend: Leaders

Instructor: Liz Dean, MBA, PCC, LDean Coaching, LLC & Nirav Sheth, MS, CLC

Continuing Education: Contact Hours: 1.0

This workshop is designed to meet the continuing education requirements for the MN Board of Nursing & MN Board of Social Work. It is the responsibility of the attendee to determine whether these activities meet the current criteria for continuing education.

Registration Fees

Medi-Sota Members: \$25/person

Non-Medi-Sota Members: \$60/Person

Register [HERE](#)

Prior to the program, you will receive an email with course connection & materials. **Registration Deadline: April 7th by 5 pm** this ensures all registrants will receive course information & any materials in a timely manner. The recording will be available to all registrants for 1 year.

If you should have any questions, contact
Alyssa Christianson or achristianson@medi-sota.org

Medi-Sota, Serving Rural Health

Cancellations must be made no later than 10 business days prior to the start of the course. The full course fee will be charged if cancellation is made in less than 10 business days. Full refunds will be given for all classes cancelled by Medi-Sota. Registration is transferable to another person.