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Mental Fitness

Unlock Your Leadership Potential

Today's leaders must **adapt to changing environments** and **be open to new ideas**.

Mental Fitness, powered by Positive Intelligence®, offers a way for individuals to understand their own **leadership style** and learn how to **adapt to different situations and individuals**.

By understanding the impact of thoughts and beliefs on actions and decisions, individuals can make conscious choices that lead to more **positive outcomes**.

In this session you will

- Discover how default tendencies, beliefs, and perceptions that have been adopted over the years have guided decisions and actions, and the impact it has had on leadership success.
- Learn how this unique approach helps leaders to be flexible and open to change while also being powerful enough to inspire others.
- Ways to develop a personally effective leadership style that positively influences the people you work and interact with, yourself, and your entire organization.

Facilitator



Tricia Sticca, ACC, ELI-MP

**Career & Leadership Coach | Speaker | Workshop
Facilitator | Productivity Specialist | Retreat Leader**

July 19

8:15-10am

Interactive Virtual Program

CNY ATD Member \$25

Non-Member \$40

Register at cnyatd.org