



**Networking**

**Sharing Experiences**

**Professional Development**

**Programs Sponsor**



**Hosted by**

**CNY atd PROGRAMS**

**Committee**



# Positivity Under Pressure

Today we are handling greater workloads and balancing the demands of career and family.

The ability to stay positive, manage our emotions, and work under pressure are key to success in the workplace.

In this webinar, Kevin will share stories and show you how to develop a growth mindset, gain optimism, and reduce stress while maintaining a positive mindset.

You will walk away with information and strategies you can apply immediately, including understanding your core values, learning happy habits, and overcoming a negativity bias, so you can be more productive and less stressed at work and home.

“The session was very refreshing and motivating. Kevin was like a breath of fresh air. He exudes positivity.”

**Facilitator**



**Kevin Karschnik**  
Speaker, Author

**March 30**

**8:15-10am**

Interactive Virtual Program

**CNY ATD Member \$25**

**Non-Member \$40**

**Register at [cnyatd.org](http://cnyatd.org)**