JACY Imilkowski

Cultivating RESILIENCE is Cultivating SUCCESS.

Do you want your project teams to have:

- **Effective communication** between **members**, **leaders**, and **clients**?
- **Increased creativity** and **innovation** during **elicitation** and **collaboration**?
- **Engaged members** that have the **tools**, **skills**, and **energy** to serve clients?

Then develop these **critical skills** for yourself and your team:

- **Essential Communication**
- **Compassionate Leadership**
- **Thriving in Adversity**

These are the skills that that will keep your team **moving forward** through challenge and **beat the burnout** that can come with high-pressure projects.

Leaders and teams that work with Jacy learn to:

- **Identify** growth opportunities, and how to take advantage of them.
- **Develop** sophisticated emotional intelligence skills
- **Create** psychologically safe project environments
- **Understand** and **engage** clients in unique ways
- **Choose** actions and behaviors that generate trust
- **Navigate** challenging conversations with dignity and respect.

Book Jacy Today!

Give your *leaders* and *teams* tools to better *understand* and *manage* *change*, *challenge*, and *adversity* in the workplace.

See Jacy Speak:
jacyimilkowski.com/speaking

608-514-1645
jacy@jacyimilkowski.com

Jacy Imilkowski (*just think "I-milk-cows-on-skis"*) is born storyteller, self-admitted communication nerd, and champion of cultivating resilience in the workplace. Her interactive presentations are focused on real-world application. Participants leave with tools they can apply the same day.

During her 20+ years of coaching, speaking, training, and managing projects she has developed and delivered hundreds of learning sessions across the country. Clients include American Family Insurance, Mayo Clinic, the WI Department of Health Services, Medical College of Wisconsin, University of Wisconsin, and professional associations including: PMI, SHRM, ATD, HIMSS, and more.

Jacy is a certified project manager, coach, laughter leader, and a professional member of the National Speakers Association. She loves her dog, and she probably loves your dog (cat, bird, or lizard) too.

Jacy Imilkowski
PMP, CPCC, ACC, CLL

Conversational INTELLIGENCE® for Coaches | Enhanced Skills Practitioner

cti cpcc CERTIFIED PROFESSIONAL COACTIVE COACH™

ACC Associate Certified Coach International Coach Federation

NSA NATIONAL SPEAKERS ASSOCIATION PROFESSIONAL MEMBER

Most Requested Programs:

Talent Triangle alignment: L - Leadership, **S** – Strategic & Business, **T** - Technical

The Brilliance of Resilience:
Beating Burnout On Our Most Challenging Projects (L, S)

The burnout crisis is real, and the numbers are staggering. **23%** of employees are chronically burned out, and **47%** more are headed in that direction. One way to prevent burnout is to embrace the learning and growth that come from facing challenges. This open, honest, and funny talk teaches real-world tools for choosing growth and learning over burnout and frustration.

- **Explore** your personal relationship with challenge, resilience, and growth
- **Establish** boundaries and shatter stigmas around adversity
- **Utilize** tools and strategies to stop fighting challenge and start growing instead

Integration, Scope, and Risk Management:
A Core Values-Based Approach (T)

Does "fair" mean that everyone is treated the same, or that everyone is treated as an individual? The answer is: *Yes*. Recognizing a client's unique core values provides critical insight into what's most important to them. That insight enhances project start-up, requirements gathering, and risk identification and management throughout the project lifecycle.

- **Identify** client core values and motivations more effectively
- **Apply** core values to identify relevant outcomes and requirements
- **Deescalate** to identify and manage risk more effectively

Using Your Brain:
The Neuroscience of Effective Communication (L, S)

During a conversation, there's a neurochemical cocktail that's influencing everyone involved. While these influences are unconscious, we can learn to recognize the signs of neurochemical impacts, then use that information to build relationships with intention and recover from disconnection.

- **Navigate** difficult and crucial conversations more effectively
- **Identify** blind spots that negatively impact trust
- **Employ** different conversational approaches for specific outcomes

The Hard Soft Skills:
Mindfulness, Compassion, and Empathy In Challenging Conversations (L, S)

It's happened to all of us: You're in a tough conversation and emotions are running high, and you unintentionally snap at a client or colleague. Then, you get frustrated with yourself for your behavior. This session uses neuroscience to better understand, and manage, emotional response.

- **Manage** emotional responses mindfully during challenging conversations.
- **Cultivate** compassion and empathy for self and others
- **Activate** resilient communication in the face of strong emotions

Book Jacy today!

608-514-1645   jacy@jacyimilkowski.com

See Jacy Speak: jacyimilkowski.com/speaking