



Cultivating RESILIENCE is Cultivating SUCCESS.

Do you want your project teams to have:

- **Effective communication** between project team members and leaders?
- **Increased trust** and **connection** with stakeholders and clients?
- **Resilient team members** that **thrive** and **adapt** when faced with **challenge**?

Then develop these critical resilience skills for your team leaders and members:

- **Recognizing personal stress-responses**
- **Compassionate Communication**
- **Intentional Learning From Challenge**

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
- **Overcome** Impostor syndrome, perfectionism, and other unintentional self-sabotage
- **Navigate** challenging conversations with respect

Book Jacy Today!

See Jacy Speak

jacyimilkowski.com/speaking

Watch Jacy's TEDx Talk
What's Your Rhubarb Pie? How Trauma Impacts Choice



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Jacy "I-milk-cows-on-skis" Imilkowski, PMP, CPQC, CLL (any pronouns) is a certified Mental Fitness coach and speaker that helps purpose-driven professionals build personalized stress-busting strategies to beat personal/professional burnout and lead happier, lower-stress lives. A self-admitted communication nerd, Jacy specializes in the science of conversation and positive habit formation to achieve personal and professional goals.

During their 20+ years of coaching, speaking, training, and managing projects Jacy 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, and professional associations including: PMI, SHRM, ATD, HIMSS, and more.

Jacy is a certified project manager, Positive Intelligence® mental fitness coach, Laughter Leader, adjunct instructor at the University of Wisconsin-Madison and past Dean of the Speakers Academy for the National Speakers Association-WI chapter. In addition, they are an out and proud member of the LGBTQ+ community. Jacy loves their dog, and probably loves your dog too.

Jacy Imilkowski
PMP, CPQC, ACC, CLL



Most Requested Programs:

Talent Triangle alignment: PS – Power Skills, BA – Business Acumen

The Brilliance of Resilience:

Build Your Custom Stress-Busting Strategy (Mental Fitness I) (PS)

The burnout crisis is real, and the numbers are staggering. **57%** of employees have daily stress and **48%** have daily worry. Learn how to stop toxic judgement of ourselves, others, and circumstances and turn challenges into growth opportunities.

- **Identify** specific signs that toxic judgement is negatively impacting thoughts and behavior
- **Stop** self-sabotaging behaviors with neuroscience-based tools
- **Apply** a three-step story-based tool to create a personal stress-busting strategy

Stop the Sabotage!

Stop Unintentionally Sabotaging Your Self and Team (Mental Fitness II) (PS)

We unintentionally sabotage ourselves (and by extension our teams) with perfectionism, people pleasing, and more. Learn to identify common self-sabotaging behaviors and use neuroscience-based pattern interrupts to stop them. From there you can build new, positive habits in their place.

- **Learn** the foundational neuroscience of habit formation and change
- **Execute** three different pattern interrupts to weaken Saboteur habits
- **Build** a personalized three-step plan to leverage Sage skills in times of stress.

Fair Is Fair, Until It Isn't

Core Values-Based Leadership (PS, BA)

Does "fair" mean that everyone is treated the same, or that everyone is treated as an individual? The answer is: Yes. Recognizing a person's unique core values provides critical insight into what's most important to them. That insight enhances personal leadership (how we choose to act and behave) as well as external leadership (how we guide, support and inspire others).

- **Differentiate** between personal, professional, and organizational values
- **Prevent** and **resolve** conflicts with a three-step, core values-based process
- **Build** stronger relationships between team members and stakeholders

He, She, They... What To Say?

Strategies to Navigate Unconscious Gender Bias at Work (PS)

Everyone wants to be a good communicator. Unfortunately, the nature of human perception creates unconscious biases that undermine our best intentions. The good news is: We can build awareness and take specific actions that create a better culture for everyone.

- **Examine** outdated expectations and stereotypes placed on all genders
- **Recognize** unconscious gender bias in self and others
- **Adapt** traditionally gendered behaviors to achieve more successful outcomes

What Did Our Brains Just Say?

The Neuroscience of Effective PM Conversations (PS, BA)

During a conversation neurochemicals are continuously impacting everyone involved. When we learn the signs of neurochemical impacts, that information can help us enhance relationships and recover faster from disconnection.

- **Understand** the impact of different neurochemicals
- **Differentiate** three levels of conversation and how to switch between them
- **Apply** three neuroscience strategies to maintain healthy relationships

Stop Fixing and Start Coaching!

Crucial Coaching Skills for Project Managers (PS)

PMs are problem solvers by nature. However, fixing has a dark side. When we fix everything it takes growth opportunities away from others. It also adds work to our full plates. Coaching lets you stop fixing and help others find their own solutions when problems arise.

- **Define** the difference between coaching, mentoring, and consulting
- **Learn** your why you take on problems instead of letting them go
- **Practice** three crucial coaching skills to empower others to solve problems

Jacy's endnote was rated at 92% and had fantastic comments at our International Project Management Day! She knows what skills a PM needs in order to succeed. Over 100 attendees left talking about their own experiences and how they were open to new listening and speaking skills. I, as well as the PMI-Rio Grande Chapter, highly recommend her for association meetings, workshops, and conferences!

*Dana Roberson
VP of Special Events, PMI-RGC*

"Jacy provided two exceptional breakouts for our PMI conference! Participants were engaged in real-time learning, and she was eager to customize the sessions for us. I highly recommend her!!"

*Tricia Frakes,
PDD Speaker Team Lead,
PMI Madison/South Central*

"I highly recommend bringing Jacy in to speak, train, or coach around the neuroscience of conversation, team building, and creating/strengthening relationships in organizations."

*Donna Gray
President/Owner/CEO, Total Awards
and Promotions/Awardsmall.com*

"As a top technology consulting firm it's crucial our consultants have highly developed soft skills. Learning about how blind spots impact our brain and behavior, was highly relevant. Jacy is an expert presenter. The activities and examples really helped us connect to the learning."

*Shannon Higgins,
Resource Manager, Smart Solutions*

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