

Session Description:

In our personal and professional lives, we are constantly challenged by stressors, fears, and worries. The COVID-19 pandemic has brought these stress triggers to the forefront for many, introducing new concerns and challenges to our lives, as many leaders are dealing with business interruption, uncertainty and financial losses, and our team members experience burnout and anxiety. During these trying times, how can we mitigate the stress we feel to effectively manage and lead our teams in the “always-on” work dynamic? Participants will dive into the tools that can help us mitigate the effects of stress, explore techniques to manage our emotional responses, and garner effective coping strategies and practices to help us remain centered and grounded to better handle difficult situations.



Speaker Bio:

Ludmila Golovine is the driving force behind MasterWord Services, Inc, a top-ranked multi-million-dollar company that delivers customized language solutions in over 250 languages. As a professional translator, interpreter and business leader, she made a lifetime commitment to quality, innovation, and connecting people across language and culture. She is the Texas Chapter Manager for Women in Localization; serves on the Board of Translation Commons, a nonprofit online platform advancing linguistic professional enrichment; chairs the Advisory Subcommittee for the Translation and Interpretation Program at the Houston Community College; serves on the Board of the Greater Houston Women’s Chamber of Commerce; United Against Human Trafficking Coalition and is a member of several professional organizations. As part of her commitment to wellness and mindfulness, she serves on The Jung Center’s Advisory Board of the Mind, Body and Spirit Institute and Board of Directors of the Rothko Chapel. She integrates both practices throughout Master Word’s operations.

As a leader with firsthand experience in the high-stress profession of interpreting, Golovine understands the impacts of stress and anxiety on language professionals, employees, managers, and executives. For the past 12 years, she has applied her skills as a Certified Neuro-Linguistic Programming Practitioner and a Trained Demartini Method Facilitator to tirelessly help promote health and wellness to those in the language services industry.

She is an advocate of social justice and is a nationally and internationally recognized speaker. Her work has been recognized by numerous awards, including Houston Business Journal's 2019 Women Who Mean Business Award; Ernst & Young Entrepreneur of the Year Gulf Coast Area Finalist (2017), and Congressional Recognition G7 "Excellence in International Service" award (2015).