



## Thriving in Change: Building Resilience in Turbulent Times

On the afternoon of Thursday, February 15<sup>th</sup>, from 1 p.m. to 3 p.m. (EST), we will hold the second workshop as part of the alPHa Winter Symposium: *Thriving in Change: Building Resilience in Turbulent Times* with Tim Arnold from [Leaders For Leaders](#).

This workshop is designed to help you navigate the tricky and turbulent moments you face in the workplace. The interactive session integrates change management, emotional intelligence, and resilience, providing you with a holistic toolkit to thrive amidst unprecedented change, tight timelines, and high-stress work environments.

This workshop is being offered at no additional cost to Symposium registrants. You will be registered automatically for this workshop when you sign up for the Winter Symposium. Separate registrations are not available for individual events.

The registration page for the alPHa Winter Symposium, workshops, and Section meetings can be found [here](#).

We look forward to seeing you at the alPHa Winter Symposium!



Tim Arnold has spent over two decades helping clients that include The United Nations, Royal Bank of Canada, and Compassion International, manage complexity, increase resilience, and deliver results. As a sought-after speaker and consultant, he helps leaders around the globe unleash the superpower of Both/And thinking in an Either/Or world. Beyond leadership and team development, Tim is an avid fisherman, world traveller, and really bad hockey player.