

In need of some self-care and optimism?
Join us for our first complimentary webinar of the summer.



Beyond the Conference: Staying Connected

Tuesday, June 30

Lunch & Learn Webinar | 12:00 - 12:45 PM

To register, [click here.](#)*

**Each guest will receive an email with Zoom link the day before the webinar.*

Ignite Your Optimism In Times of Stress

There are many things happening in the world that can leave us feeling uncertain, fearful and stressed. There are global issues – like the COVID-19 pandemic and widespread systemic racism. And there are personal issues, like our own job security or worry over the illness of a loved one. Whether personal or global, these issues can cause great concern and can even lead us into despair.

It is understandable that this kind of fear and uncertainty can move us into negative thinking and even hopelessness. Getting stuck in those feelings can leave us feeling trapped and unable to take the actions that can lead us out of the darkness.

In this webinar, we will talk with **Kristin Lincoln**, a leadership consultant and emotional intelligence expert, who will explain the neuroscience behind these feelings and teach us skills for igniting our own internal optimism so that we can move out of negative thinking and into positive action.

About our Speaker

Kristin Lincoln is a leadership coach and consultant. Before founding her own company, Kristin spent 20+ years in Corporate America as a CMO and Organizational Development leader and has a Master's Degree in Business from Stanford University. She uses her real-world experience and education in Leadership and Emotional Intelligence to help organizations improve leadership capabilities, increase employee engagement and create healthy, cohesive and resilient teams. Additionally, Kristin has been selected and trained by Dr. Brené Brown as a Certified Dare to Lead™ Facilitator and provides workshops and coaching based on Dr. Brown's research.



Dr. Jill Biden, Dr. Mae Jemison, Gloria Steinem

Some of the powerhouse women who have inspired and motivated the EBWC audiences since 2006.