

# Shifting Gears In Times of Uncertainty with Neila Steele

# COURSE

In times of uncertainty, cultivating a resilient and adaptable mindset is crucial for personal and professional well-being. Neila Steele's course, "Shifting Gears in Times of Uncertainty," offers mindfulness strategies to help individuals reset and reframe their perspectives during challenging periods.



## About This Course

This interactive webinar provides participants with:

### **Mindfulness Techniques:**

Practical exercises to enhance present-moment awareness and reduce stress.

### **Mindset Restructuring:**

Strategies to shift negative thought patterns and foster a more empowering personal narrative.

### **Stress Management Tools:**

Activities designed to alleviate anxiety and promote emotional balance.

Through various tasks and activities, attendees will explore the impact of mindset on personal and professional performance and learn how to create a more empowering personal narrative. This webinar is an opportunity to better manage the anxiety and stress many people experience due to uncertainty.

### **About the Presenter:**

Neila Steele holds a Bachelor of Science in Nursing from the University of Windsor and has extensive experience in international education, serving as a school nurse and ESL teacher in countries including Japan, Azerbaijan, Cambodia, China, and Saudi Arabia. She is a certified English language teacher, elementary educator, and yoga instructor since 2005. Neila integrates mindfulness into her personal and professional life and is committed to sharing its positive effects through presentations and workshops worldwide.



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## Why This Course Will Benefit You:

Participating in this course offers several advantages:

- **Enhanced Resilience:** Develop the ability to adapt to change and manage uncertainty effectively.
- **Improved Emotional Well-being:** Learn techniques to reduce anxiety and maintain emotional balance.
- **Personal Growth:** Cultivate a mindset that supports continuous learning and self-improvement.

By engaging with the strategies presented, individuals can navigate uncertain times with greater confidence and clarity.

