

# SORENSEN CONSULTING

## APPROACHING PROFESSIONAL CHANGE WITH FOCUS, MENTAL RESILIENCE, & THE RIGHT MINDSET

An interactive session crafted to give participants the tools and mindset to excel when facing professional change.



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Founder & CEO



## OBJECTIVES

Professional change can often be a daunting and overwhelming experience to navigate.

In a safe learning environment, participants will gain important tools to increase their cognitive awareness and resilience. This session will help participants to focus on achieving long term professional goals and to utilize professional change as an opportunity to redesign and rethink their lifestyles.

Participants will leave this session more self-aware and with skills to be more satisfied and productive in all aspects of life.

## OUTCOMES

- Gain an increased understanding of how the brain processes information & stress during change.
- Learn how to shape the brain's response to experiences in order to thrive personally & professionally while navigating change.
- Conduct a self-assessment and gain strategies to assist in identifying & achieving long-term professional goals while minimizing regrets.
- Participants will learn how to sharpen communication so they can best "pitch" their future professional self.