

Managing Anxiety and Stress in Leadership Roles - 3 Days Executive Program



Save the date!

June 6-8, 2019
Bucharest, Romania
3 days Executive Program

Managing Anxiety & Stress in Leadership Roles

Details will follow soon!

Dr. Srin Pillay
Harvard Medical School,
NeuroBusiness Group

Adam Leonard
Google Inc.

Radu Manolescu
K.M.Trust & Partners

Join us between **June 6-8**, in Bucharest, for our **3-day executive development program** with **Dr. Srin Pillay, Harvard Medical School, Adam Leonard, Google** and **Radu Manolescu, K.M.Trust & Partners**.

As K.M.Trust & Partners' mission is to **help companies live their values**, each service we offer is governed by it.

Thus, the modules led by **Radu Manolescu** are about a personal journey and the high importance of mental fitness in leadership, especially in a VUCA (volatility, uncertainty, complexity, ambiguity) world, for an improved personal and professional life.

The modules led by **Adam Leonard** focus on:

- Understanding & experiencing the advanced, high performance brain state called “flow”
- Creating new ways to integrate flow states into work and life

The modules led by **Srin Pillay** are designed to:

- Understand how you can leverage your own brain and the brains of teams to manage stress and anxiety in your executive role
- To apply brain-based frameworks to everyday challenges for yourself and your team to enhance business impact

Date

June 6-8, 2019, Bucharest

Registration

You can express your interest in the program by emailing us at execdev@kmtrust.com

We will be launching the landing page, agenda and announce registration fees for the executive program in a few days.