

LEADING AND THRIVING THROUGH CRISIS: A BRAIN-BASED PERSPECTIVE

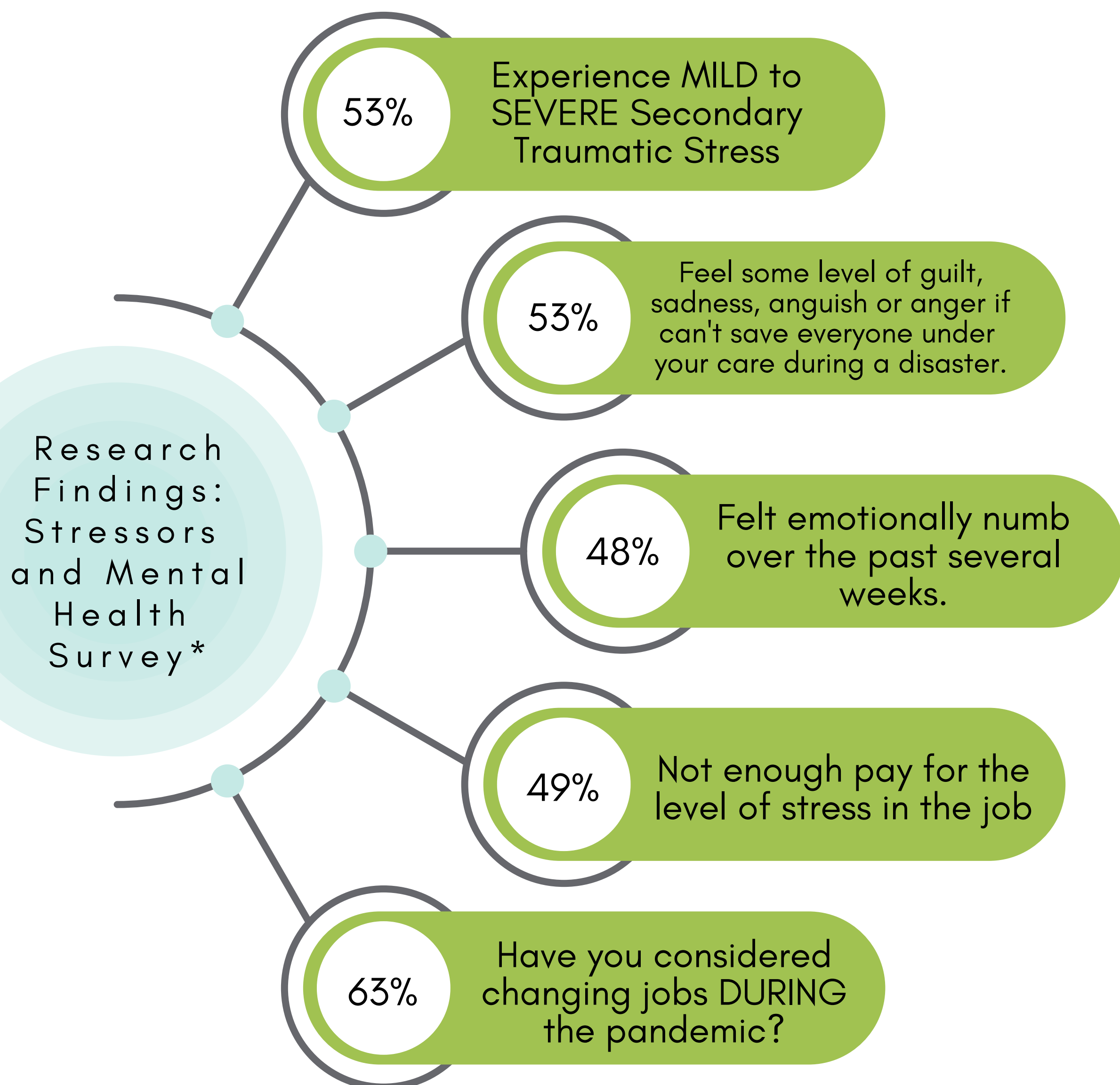


A Groundbreaking New Look at
Emergency Management Stressors & Their Impacts

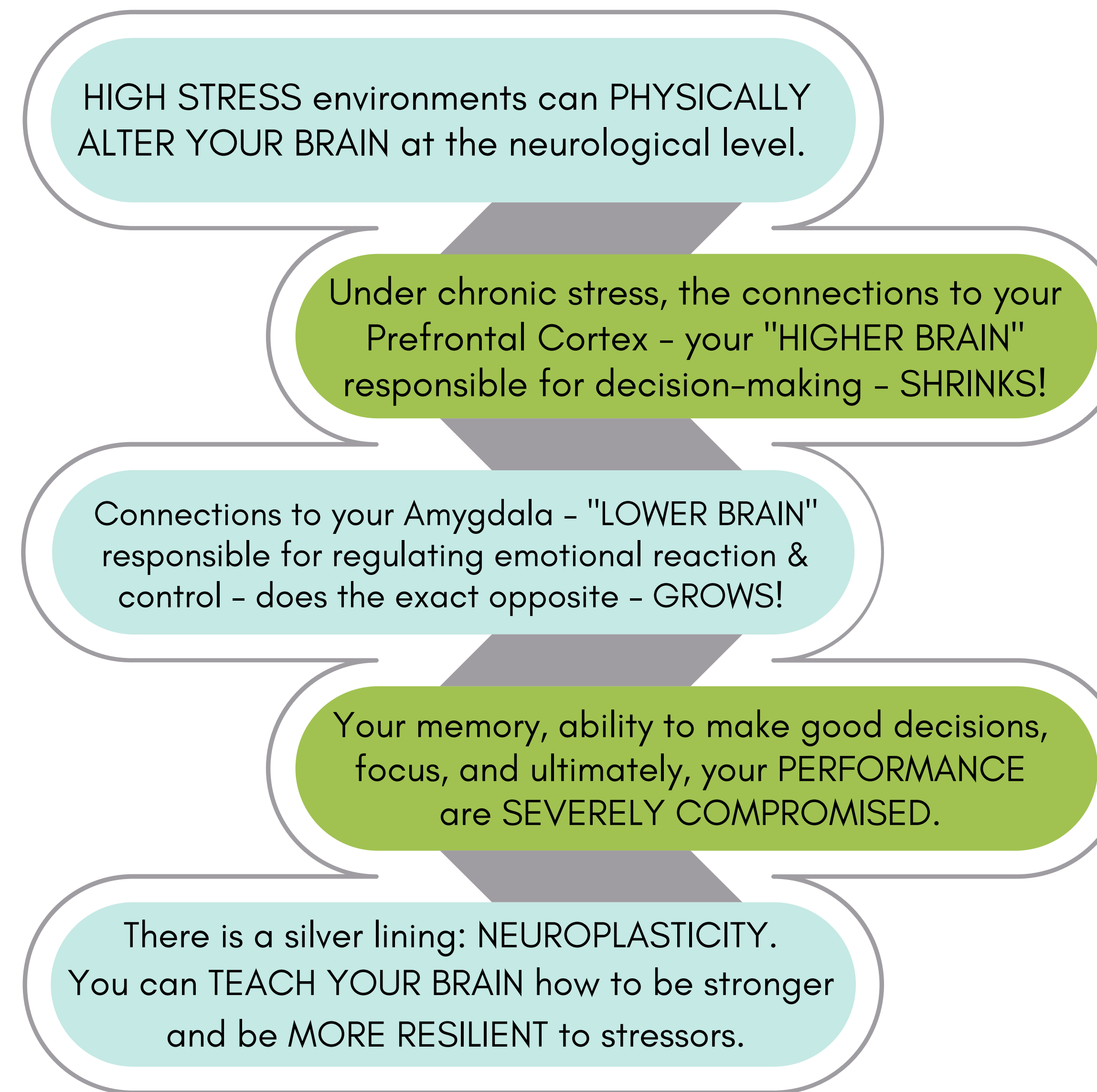
There remains a culture of stoicism in emergency management and response where vulnerability and reaction to daily trauma and emergencies are more often than not viewed as signs of weakness. Working COUNTLESS HOURS is still viewed as a BADGE OF HONOR or expected as "just what you do". THIS HAS TO CHANGE.

Understanding your brain improves individual performance and resilience, and increases your ability to be successful in whatever you want to achieve.

WHAT IS THE STATE OF MENTAL HEALTH AMONG EMERGENCY MANAGEMENT AND PUBLIC HEALTH PROFESSIONALS?



WHAT HAPPENS TO YOUR BRAIN IN CRISIS?



CRISIS ATHLETE™: APPLYING NEUROSCIENCE TO CRISIS MANAGEMENT AND LEADERSHIP

The BRAIN IS A SOCIAL ORGAN, and experiences work primarily as a social system. Leaders who understand this dynamic can:

- Engage employees' best talents
- Support collaborative teams
- Create environments that feel inclusive and foster productive change

BUILDING RESILIENT LEADERSHIP

Use neuroscience to help leaders:

- Improve self and organizational resilience
- Reduce stress and burnout
- Reach and sustain effective peak performance for the long haul
- Make better decisions
- Develop better strategies

Contact us for more information about using brain science to develop individual and organizational resilience, and to become a better leader. Coaching and trainings available.

I AM A CRISIS ATHLETE™
Understanding my brain. Upping my game.

SUSTAINED PERFORMANCE FOR THE LONG HAUL.
BECOME A CRISIS ATHLETE™ TODAY.

YOUR HEALTH AND COMMUNITY DEPEND ON YOU.

For more information, contact Tamiza Teja at 310-561-6501 or tamiza@mozaiksolutions.com

*Preliminary findings (further statistical analysis pending) from the Journal of Emergency Management Stressors and Mental Health Survey. Data collected Oct 16, 2021 - March 30, 2022. Survey Team members from the Journal of Emergency Management, Harvard University, and Mozaik Solutions.