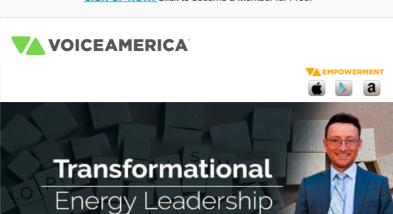
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Dr. Matthew Allen Woolsey

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# December 6th 2019: Self Awareness and Self Regulation

Two of the most important aspects of leadership are self-awareness and self-regulation, for without these skills, it's extremely difficult to perform consistently as a strategist, guide, advocate, mentor, negotiator, and all the other roles a leader must take on. Liz Kislik writes for Harvard Business Review and Forbes about the challenges leaders face in building organizations and delivering results, and helps family-run businesses, national nonprofits, and Fortune 500 companies solve their thorniest problems while strengthening their top and bottom lines in the process. In this session, Liz

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#### **Featured Guest**



#### Liz Kislik

Liz Kislik is a frequent contributor to Harvard Business Review, Forbes, and Entrepreneur, and she consults for clients such as American Express, Orvis, and others. Her specialty is developing high performing leaders. Her TEDx talk, "Why There's So Much Conflict at Work and What You Can Do to Fix It," has been viewed over 135,000 times.

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