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BUSINESS



INNOVATING LEADERSHIP

with International
Leadership Association Fellow
Maureen Metcalf



Innovating Leadership, Co-Creating Our Future

Tuesday at 11 AM Pacific

July 6th 2021: Mental Toughness: How to Embrace Stress for Greater Success

Women (and men) face unhealthy stress and anxiety on a daily basis - it's a wonder they're still standing. Too few of us have stress tools powerful enough to put stress to work for us so we can enjoy the journey. Once you've learned how to be mentally tough, you will use stress to your advantage. It becomes your superpower! Colonel Deb Lewis joins the show to share her experiences and how you can learn to effectively use stress to your advantage.

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Featured Guest



Deb Lewis

Colonel Deb Lewis is a West Point graduate from its first class with women. A retired Army Colonel and Harvard MBA, Deb commanded three US Army Corps of Engineer Districts, including a \$2.1B reconstruction program in combat. She survived the 9/11 Pentagon attack while serving on the Joint Staff antiterrorism team. Colonel Deb's experiences leading while under fire inspired her unique 'Mentally Tough Women' (MTW) program. MTW prepares women (and enlightened men) to handle more stress - not de-stress - in good times and times of crisis. Once you 'Armor Up' with mental toughness, your daily battles turn into sweet victories.

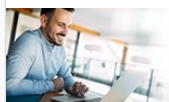
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