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InteraWorks Launches *Resiliency@Work - Leading Through Uncertainty*

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With COVID-19 rattling organizations and creating unexpected challenges for everyone, InteraWorks has launched a special edition program, *Resiliency@Work-Leading Through Uncertainty*, to help businesses, leaders, and teams thrive in times of change and challenge. In this 2-hour course, leaders learn a framework to recover their ability to focus despite unprecedented levels of uncertainty, as well as how to apply these same practices to support their teams. Facilitated live remotely, this program includes simple, but profoundly effective practices focused on:

- **Mental Resiliency:** Developing a solution-oriented Leader's State of Mind and why that makes all the difference to you, the outcomes you create, and your team's response.
- **Emotional Resiliency:** Improve your ability to focus amid distractions and take calm, clear action in the face of complexity as a leader.
- **Physical Resiliency:** Simple practices to improve your health and well-being, as well as that of those around you.
- **Spiritual Resiliency:** Accessing compassion and courage to find meaning and purpose in a time of chaos for all.

"The ongoing mission of InteraWorks is to elevate the human experience at work. We will approach this situation with that intent, even when that work is being done at home or under stressful circumstances," said Anne McGhee-Stinson, Managing Partner and Director of Practice at InteraWorks. "We've been doing that for almost 40 years now. We know prioritizing well-being and relationships, over anything else, will result in the most productive and successful outcomes."

"People worldwide are experiencing massive transformation at an unprecedented pace," added Laurie Oswald, CEO of InteraWorks. "We're proud to help our many clients around the world through that by offering this program free of charge. We're also offering discounts on all our programs to organizations new to InteraWorks. Whatever challenges you are facing, our team is here to help."

Registration for *Resiliency@Work - Leading Through Uncertainty* is open now. For more information, please contact info@interaworks.com.

About InteraWorks: InteraWorks is a global learning company on a mission to elevate the human experience at work. Specializing in professional development and performance enablement, they offer top-rated learning programs including Effective Edge, Best Year Yet, and the Essentials series. Their integrated learning framework and online tools generate immediate and sustainable breakthroughs in performance. Through decades of working at all levels in enterprise companies across many industries, they've built a reputation for helping people and organizations harness their focus, mindset, talent and energy to produce results that matter most. www.interaworks.com