

# Leading with Your Best Self During Challenging Times

**Tuesday, June 30, 2020**

**10:30 - 11:15 AM**

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Pepperdine Graziadio Business School**

As we enter the second half of 2020 and continue to plan for a very different start to our academic year, fatigue and burnout may be on the rise. This session invites you to reclaim your best self by learning brain-based strategies for working with your attention and increasing your whole person leadership capacity. You will leave with practical tips to share with your colleagues and family. A time of Q and A will take place at the end of the presentation.

**Terri Egan** is an associate professor of applied behavioral sciences at the Pepperdine Graziadio Business School, and former director of the Masters of Science in Organization Development (MSOD) program. She is passionate about translating neuroscience discoveries into practical strategies for developing conscious leaders and organizations.

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