

## Resiliency for Union Stewards

### One Hour Webinar: Staying Resilient in Extraordinary Times

In the face of COVID-19, all of us are experiencing an unprecedented test of our resiliency. How we respond to challenges over the coming weeks and months will make all the difference to our mental health. Join leadership coach and consultant Christina Nikiforuk to learn how resiliency practices can help support you as a union steward.

When faced with broad-based uncertainty, it is natural to feel stress and anxiety. However, too much stress can negatively impact our mental and physical health. This session will help you cope by starting with self-care for stewards: it begins with you. What are some things you can do as a steward to manage your stress? What are some things you can do as a steward to help support your members?

#### What will I learn?

- Practical strategies for self-care as a union steward
- The benefits of building personal resiliency
- Tools and resources

#### Presented by:

The principal of [Liberate Leadership Coaching & Consulting](#), Christina Nikiforuk is an ICF certified professional leadership coach, trainer, and facilitator with a passion for inspiring people to discover and optimize their potential.

With over twenty years of experience working in public sector organizations including healthcare and municipal government, Christina currently works with businesses to support their leadership development needs. She sees self-development as a lifelong journey and strives to create motivating and fun learning environments. Her expertise lies in the areas of enhanced self-awareness, communication skills, interpersonal and team effectiveness, values discovery, authentic leadership, life balance, resilience, and renewal.

