

EMOTIONAL ENDURANCE EXPERT, ENERGY SHIFTER, HUMORIST



**"The reset
we all
needed!"**

DD, CEO

**LAURIE
SHARP-PAGE**
MS, LPCC-S, CWC

KEYNOTE

**This Isn't a Wellness Talk,
It's a Wake-Up Call: Emotional Regulation & You**

Emotional Regulation is a professional development skill, but most people aren't trained to see it, let alone master it, and it's costing them. Their clarity. Their relationships. Their careers.

Through neuroscience-backed insight, real-world application, and an energizing approach, this keynote introduces "Emotional Endurance" as a revolutionary framework for addressing stress proactively so that we can show up ready to respond to life's stressors with resilience and ease.

The audience walks away with more than just insight. They are equipped with language, perspective, and motivation to stop letting dysregulation run their lives and start regulating with intention. This session meets your audience where they are and moves them forward.

BREAKOUT SESSIONS

- **The Lemon in the Room: The High Cost of Emotional Dysregulation at Work**
- **Necessary Boundaries & Expectations for the Emotionally Endurant Leaders**
- **Growing Your Team's Emotional Endurance**
- **Coping with Uncertainty**
- **Coping with Discomfort**
- Or a custom session tailored to your event, team, or industry's unique challenges

ADD ON SERVICES

Emotional Endurance Inventory

A personalized report to help assess, support, and sustain emotional endurance now and into the future.

Ongoing Support

A full toolkit of practical resources, skills and tools through Cope365.

Custom Toolkits

Curated to meet your unique needs.