



AMY BLANKSON

# FEARLESS POSITIVITY

## MASTERING MINDSET IN THE MIDST OF UNCERTAINTY

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**CATEGORIES:** Leadership, Health, Innovation, Engagement, Communication, Teamwork

We all face fear, discomfort, and resistance to change, but our actions in the midst of these mindsets are what truly define us. Fearless positivity is not the absence of fear, but the audacious opportunity to move through it by focusing on what matters most. In this inspiring research-based talk, customized to address your audience's current challenges, Amy highlights leaders who have courageously chosen positivity in the midst of adversity. Leveraging learnings from positive psychology and behavioral science, she examines how negative mindsets hold us back, why some fear is actually good for us, and strategies to reframe stress to better serve us.

### LEARNING OBJECTIVES:

- Understand why a positive mindset is crucial for agile/transformational leadership
- Learn 4 actionable strategies for mastering mindset
- Implement simple "J-GAME" habits that foster resilience
- Empower teams to rethink stress and leverage optimism

### BEST AUDIENCES:

Leaders, Sales, Financial Services, Human Resources, Entrepreneurs, Education