

# AGILITY

## TODAY'S LEADERSHIP SUPER POWER

OCTOBER 15 • OCTOBER 22  
(10 AM - Noon)

### FREE VIRTUAL PROGRAM

Designed for credit union leaders across Virginia.

This unique program is being offered on both Oct. 15th and Oct. 22nd, so please only register for one event.

Seating is limited.



We are living in an environment of constant change and are all faced with increased stress and anxiety. It's time to transform yourself and your team. If you're ready to build your AGILE SUPER POWER, then this program is for you!

#### We look forward to your participation; please be prepared to:

- Do pre-work and a pre-quiz prior to the virtual event.
- Participate in both large and small group discussions.
- Share your challenges and learn from others.
- Find real solutions to build your leadership super power!

Special Guest Facilitator:  
**Lynda McNutt Foster**  
CEO of Cortex Leadership Consulting

Register:  
[www.vacul.org/cuwomen](http://www.vacul.org/cuwomen)

Brought to you by The World Council of Credit Union's  
Global Women's Leadership Network **Virginia Sister Society**

Made Possible by our **Generous Sponsor** VIZO Financial



**Global Women's  
Leadership Network**  
Virginia Sister Society



# ABOUT THE PROGRAM

## Agility - Today's Leadership Super Power

Today's environment is no longer a "constant state of change," but rather a turbulent and chaotic atmosphere of chronic change. We are in a VUCA world; volatile, uncertain, complex, and ambiguous. These constant changes, many of which are not caused by us and that we are not in control of, dramatically increase our stress and anxiety. Thus, leaving us less agile to overcome the obstacles we face each day.

This interactive large and small group journey will begin with listening to the challenges experienced by participants. We'll review what a problem orientation mindset is, its impact, and its consequences to leaders and their organizations. Next, you'll learn to make the shift to learning and practicing how to be more consistently in a growth and solutions-oriented mindset. Using simple, easy to understand and implementable tools for any environment you are in, participants will discover the magic of developing and executing towards their desired outcomes which can create transformation for themselves, their teams, and their organizations.

This experience and the tools it will provide will give leaders an opportunity to practice implementing the concepts from the 1-hour pre-work required to attend this session. If you are serious about finding solutions that stick when it comes to building your Agile Super Powers, this session will be time well spent.

### ABOUT LYNDA MCNUTT FOSTER

Lynda was named a Business Icon by Valley Business Front magazine in 2017. She is the CEO of Cortex Leadership Consulting and has conducted more than 3,000 individual coaching sessions with leaders and their team members along with training more than 10,000. She is an expert commentator for Coffee with a Coach on WFXR News.

Lynda is a certified coach in Conversational Intelligence and a practitioner of TED, The Empowerment Dynamic and the founder of goMonti, a "coach in their pocket" leadership program.

Lynda is the author of two ebooks. Time Mastery: 7 Simple Steps to Richer Outcomes and 4 Keys to More Effective Leadership Behaviors and of the popular leadership development program... Leading a Winning Team.

### ABOUT THE VIRTUAL EVENT:

Once you register for the event, we will confirm your registration. As we get closer to the event dates, we will email all participants the pre-work and a pre-quiz. Please make sure you come prepared to participate in the discussion topics.

We are able to offer this virtual program for FREE because of our generous sponsor VIZO Financial.

### VIRGINIA SISTER SOCIETY FOUNDING MEMBERS:

Patsy Smith, (Chairman) psmith@peoplesadvfcu.org  
Lisa Lambrecht, (Treasurer) lisal@valleystar.org  
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### QUESTIONS:

Nicole Widell  
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### REGISTER:

October 15 or October 22  
10 AM - Noon  
www.vacul.org/cuwomen