

## Mastering the Art of the Pivot: From Adversity to Awesomeness

We all face adversity in life and in business. But the COVID-19 pandemic has created a new level of unexpected adversity for all of us. Work life has become challenging, and at times financially devastating. Many entrepreneurs are wondering what to do and who they can turn to in these troubling times.

In this interactive, online session, Chantal Fraser will provide examples of proven strategies and techniques to allow you reframe obstacles into opportunities, and help you pivot when you encounter roadblocks on your career or business path.

The objective of this workshop is to help you go from adversity to awesomeness!

## In this workshop you will:

- 1. Learn that adversity often comes before awesomeness.
- 2. Discover the importance of accepting the consequences of your decisions.
- 3. Participate in an introduction to the Art of the Pivot.
- 4. Learn to reframe obstacles as opportunities.
- 5. Gain perspective on the importance of asking for what you want.
- 6. Learn the importance of prioritizing and "spring cleaning".