



## **Mental Fitness: Creating a Personal C-Suite**

June 7<sup>th</sup> from 1:00pm-2:00pm ET

Presented by **Beth Roome**

**Presentation Abstract:** The term C-Suite is commonly used to refer to the cluster of a corporation's most important senior-level executives. A successful organization would not consider building their structure without putting a C-Suite in place. This high-level, high-powered group oversees all internal and external business dynamics to realize its vision and ensure success. If this model is critical for creating corporate achievement, why do we not focus more attention on strengthening the executive function controlling our personal lives? Mental fitness, our personal C-Suite, is essential for personal and professional fulfillment, but takes focus and determination in a world full of noise, disconnect and discord. Just as C-level members work together to ensure a company stays true to its established plans and policies, personal C-level practices work together to ensure we remain true to our core values while maintaining our humanity.

In past sessions we have looked at collaborative decision-making and creative planning strategies by leveraging the secrets of the brain; and while the collective is important, this time we are looking at the power of personal mental fitness. By integrating a neuro-specific C-Suite, we create confident humility, cognitive-flexibility, and congruence. It is not enough to be competent; we must master our mental craft, navigate the paradox of continuity and change, and plan for contingencies. By leveraging the executive committee in our head, we graciously receive constructive

criticism, engage in conflict without losing our cool, and counteract non-productive chatter. And let us not forget hardiness that comes from our empowering perception of challenges, commitment, and control. Yes, I could do this all day, there a lot of great C's that contribute to our executive function, but we have only a short session. So, I will coach you at the C-Suite gym and you will come away with practical exercises guaranteed to jumpstart your mental fitness.

**Speaker Bio:** Beth has 30 years' experience in strategic planning, leadership development and workforce resilience. She spent 13 years working for the State of Colorado in disaster response and public safety. Her passion is supporting professionals doing high-impact work. She founded Switchback Institute to provide leadership resources, resilience strategies and personal/professional growth and respite through coaching, presentations, workshops, learning opportunities and retreats.