BKR INTERNATIONAL
Future Leaders Practice Group Webinar
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HOW TO SUPPORT YOUR TEAM'S MENTAL HEALTH WITH EMOTIONAL INTELLIGENCE

The Fog of the Pandemic continues to produce stress, anxiety, and other mental health challenges at record levels. Although many employers have taken steps to address mental health needs, their employees are looking for more support. In a recent survey, 69% of employees say their employers *should be* very concerned about mental health, only 46% say employers *are* that concerned. Demonstrating that concern starts with practicing emotional intelligence (EQ). This presentation highlights the importance of EQ to effective leadership and provides leaders with actionable resources to better support their teams during the Covid-19 crisis.

Primary Learning Objectives:
- Recognize emerging mental health challenges of the Covid-19 crisis.
- Discover the importance of emotional intelligence (EQ) to effective leadership.
- Explore the essential skills of EQ and how they affect your leadership of self and others.
- Gain practical tools to develop and apply your EQ skills and support your team members.

Summary Bio: Jon Lokhorst, CPA, ACC

Jon Lokhorst, CPA, ACC, is an executive leadership coach and consultant. He works with organizations to develop leaders everyone wants to follow, build teams no one wants to leave, and develop exceptional results. Before launching Lokhorst Consulting LLC, Jon enjoyed a 30-plus year career as a CPA, CFO, and organizational leader. He has a Master's in Organizational Leadership and is recognized by the International Coach Federation as an Associate Certified Coach. He also serves as adjunct faculty in the School of Business and Nonprofit Management at North Park University. A member of the National Speakers Association, Jon is an award-winning speaker for conferences and corporate training events.

Contact Jon Lokhorst
Email: jon@lokhorstconsulting.com
Telephone: 612-381-6275
LinkedIn: www.linkedin.com/in/jonlokhorst
Twitter: @jonlokhorst