



Presentation Overview
Annual Executive Business Forum
Monday, June 3rd – Wednesday, June 5th, 2024
Sanibel Harbour Resort, Fort Myers, FL

Session Title: Resilient Leadership: Establishing Boundaries to Drive Success!

Moderator:

Kate Gerdes, Sr. Director Integrated Supply Chain and ECO Strategy Leader, Philips

Panelists:

Steve Larsen, VP, Global Strategic Partnerships & Customer Solutions, Packsize International

Michelle Hammond, Leadership Development Specialist, Academic

Molly Pipkin, Strategy and Transformation Leader - North American SC, Philips

Session description:

This session provides practical insights into how to establish a balanced work-life dynamic and set boundaries to foster overall well-being in the workplace. Topics covered will be coping mechanisms, healthy behaviors, and boundary-setting strategies catered to busy executives. Key focus areas include promoting self-care, implementing mentorship initiatives, and advocating for the integration of research-backed practices to support emotional and psychological well-being. By emphasizing the significance of maintaining a holistic approach to work and personal life, the session aims to equip professionals with practical tools to navigate the demands of contemporary work environments effectively.

Key Takeaways will be:

- Mentoring and leadership in the workplace
- Coping mechanisms and healthy behaviors
- Setting boundaries for busy executives