



## Saturday Night Leaders: How To Solve Problems Keeping You Up Until 3 AM

You have many things to worry about. Impossible deadlines, a changing industry, and challenges with team members and clients. Problem-solve faster and have more fun doing it with calmness and composure.

Jamie Mason Cohen is a keynote speaker, a certified leadership trainer with The Leadership Circle and worked for SATURDAY NIGHT LIVE. He will teach advanced emotional intelligence strategies and processes so that you can develop a new level of self-awareness. The session will give you some space and time for some quality self-reflection on your emotional intelligence as a leader. Structuring the engaging, high-content, and humorous keynote into five parts, Jamie will get you thinking on your feet about how to solve problems keeping you up until 3AM. No PowerPoint. No lecture. No need to take extensive notes.

You will be reflecting on your own leadership strengths, doing and implementing what you learned on your feet, mostly on your own, sometimes in small, speed group sessions. By the end of the session, you will walk away with three relevant, actionable strategies on how to incorporate high-level emotional intelligence techniques into your everyday leadership roles and have a lot of fun doing it.

### Takeaways

- How to incorporate science-based, strengths-focused emotional intelligence techniques into your leadership role
- How to shift from a reaction state to an effective emotional response in daily interactions
- Master the 3-step process of becoming a courageous communicator in work conversations and model this form of interaction with your team to improve relationships
- At the end of the deep dive keynote, each participant will be energized, equipped and ready to yell: LIVE FROM MPI, IT'S SATURDAY NIGHT!

### Our Speaker



#### **Jamie Mason Cohen**

**Corporate Trainer. Graphotherapist. Speaker. ([click for profile](#))**

Keynote Speaker, and Leadership Trainer with The Leadership Circle who worked for SATURDAY NIGHT LIVE, Jamie trains leaders to become more courageous communicators to improve their leadership and their team's culture. He is represented by Speakers' Spotlight agency in Toronto. Jamie overcame a stuttering issue as a child and dealt with his father's incarceration during his first year in university by studying and eventually teaching uncommon yet practical strategies on strengthening his and others' emotional intelligence winning a TED Education Award in the process.

His unique skillset combining data-informed leadership strategies, and unconventional emotional intelligence techniques has been featured over 60 times in the media on CNN, Forbes and Business Insider. He has been referred to as "the personality x-ray machine" on The Social TV show, and been called "the most interesting person in the world" by former Oprah Canada TV Host, Preet Banarjee.

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# The EQ Story

## 01

### Self Awareness

- Non-judgemental attunement to what you're feeling.
- Build optimism through gratitude.



## 02

### Self Management

Self

- Delay emotional reactions.
- Take a sip of water in meetings instead of reacting strongly.
- Take a deep inhale and slow exhale to create internal calm.
- Sleep on it.

## 03

### Social Awareness

- Empathize.
- But not too much, maintain your sense of self.
- Not necessary to agree, but to understand.



## 04

### Relationship Management



- Be a courageously authentic communicator.
- Know people's names.

# Are You A Courageous Communicator?

- Do you take the tough stands? Discuss the undiscussables?
- Admit mistakes?
- Openly deal with difficult relationship problems?
- Do you give attention to issues in real time?
- Can you share personal thoughts to foster a safe space where every voice is heard?

(See Planning Sheet link below.)

## Extend the Learning



1. Plan for 1 "Courageously Authentic Conversation" This Week [Using This Worksheet](#).
2. Do [Composure Self Assessment](#) and [Next Steps](#) -- Invite Your Team to Do The Same.