# LEADERCAMP



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| ABOUT  MONICA KERIK  photo of Monica Kerik Monica Kerik is a TEDx Speaker and Executive Mental Health Coach with over 4,100 hours of experience helping individuals cultivate mindful, balanced, and fulfilling lives.  Certified by the International Coaching Federation, Monica specializes in well-being, resilience, stress management, emotional regulation, leadership development, effective communication, and career growth. Monica’s coaching approach combines curiosity, empathy, and thought-provoking questions to foster genuine growth in areas such as mental well-being, relationships, self-confidence, and work-life balance.  Her 15-year career in Account Management and Strategic Planning for top advertising agencies in Mexico City, London, and New York, along with her travels to 45+ countries, have given her a deep intercultural, interracial, and interfaith understanding. She holds certifications in Buddhism, Meditation, Positive Psychology, Therapeutic Techniques, and Organizational Leadership, bringing a unique mix of strategic thinking and evidence-based insights to her coaching practice.  Monica is also a volunteer with Action for Happiness, a movement committed to building a happier, more caring society. She hosts the Ser Humanos podcast, offering actionable tools and inspiring conversations to support personal growth. Through her TEDx talk and trainings, Monica shares messages of resilience and well-being, inspiring audiences to embrace meaningful change. |

## ADAPTING TO CHANGE WITH EASE

WITH

MONICA KERIK

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In today’s fast-paced and ever-changing world, the ability to adapt quickly is more than a skill—it’s a necessity. Cognitive agility—the ability to shift perspectives, challenge assumptions, and adjust to new circumstances—empowers individuals to turn obstacles into opportunities in both professional and personal settings.

During Monica's *Adapting to Change with Ease* Leadercamp, you will explore why cognitive agility is essential, and provide practical strategies to enhance adaptability. Participants will learn how to reframe challenges, stay open to diverse viewpoints, and strengthen their ability to think flexibly in dynamic environments.

Whether you’re leading a team, collaborating with diverse colleagues, or managing personal growth, cognitive agility will help you respond to change with confidence and clarity.

### PARTICIPANTS WILL:

* Understand what cognitive agility is and why it’s a critical skill for today’s workforce.
* Recognize their own cognitive patterns, and identify signs of mental flexibility vs. rigidity.
* Develop strategies to adapt thinking and decision-making in unpredictable situations.
* Enhance communication by bridging perspective gaps in diverse work environments.
* Strengthen resilience and manage stress effectively through mindset shifts.

#### PREPARING FOR THE LEADERCAMP

The Leadercamp Guide can be used as a tool for facilitators and participants to get the most out of a Leadercamp experience. It includes an overview of what will be covered in the Leadercamp, information about **Monica Kerik**, and suggestions for different ways you and your team can learn together or individually. Each guide concludes with application and reflection prompts to apply what you’ve learned.

##### About This Guide

This guide will help you prepare for and facilitate the program ***ADAPTING TO CHANGE WITH EASE***. The purpose of this guide is to help you generate a dialogue among participants and apply key concepts from the presentation to your own learning objectives. The guide can be leveraged effectively for both large and small groups.

##### The Audience

This program is for executives, managers, supervisors, and line staff. Ideally, the materials should be presented in a group setting, where the responses of others can be discussed and shared.

##### Watch As a Team

Prior to the Leadercamp, Zoom links are set up in Percipio. To host the Leadercamp for your team with Zoom, click on the Zoom link for the Leadercamp so that it’s ready to start on your screen. Then start a Zoom meeting, share your screen, and when you get asked what you want to share, choose the browser window with the Leadercamp ready to play. Select **Share** and enjoy! Be sure to contribute to the discussion in the chat feature.

##### For Individual Viewers

Watching alone this time? No problem. Click on the Zoom link in Percipio for the Leadercamp and begin watching. Get the most out of the event by participating in the conversation via the chat feature and by taking notes. And don’t forget to ask any questions you may have during the Q&A session.

#### APPLY WHAT YOU’VE LEARNED

Answer these questions to reflect on the Leadercamp and reinforce the ideas, practices, and strategies you’ve learned.

1. How has your understanding of cognitive agility evolved since attending Monica's Leadercamp?
2. Can you identify a recent situation where you successfully applied a strategy learned during the Leadercamp to enhance your adaptability?
3. What are some signs you've noticed that indicate you are thinking more flexibly rather than rigidly since participating in the Leadercamp?
4. ****How have you bridged perspective gaps in your work environment after learning about enhancing communication in diverse settings?
5. What mindset shifts have you made to manage stress more effectively since the Leadercamp?
6. How can you apply the concept of cognitive agility to improve your personal growth and development?
7. What steps can you take to ensure that the strategies you learned during the Leadercamp become integrated into your daily practices to enhance adaptability in professional and personal settings?