

EMOTIONAL AGILITY.

SUSAN DAVID



Susan David, PhD, is an award-winning Harvard Medical School psychologist and one of the world's most influential management thinkers. Her most recent work is an urgent response to an urgent moment. This toolkit is intended to be a resource and guide to help navigate the emotional complexities of this unprecedented time.

EMOTIONAL AGILITY.

Because our thoughts, emotions, and actions drive everything: every aspect of how we **LOVE**, **LIVE**, **PARENT**, and **LEAD**.

TED TALK



In this deeply moving, humorous and potentially life-changing talk, Susan discusses the powerful strategies of emotional agility. [Learn how](#) to lead with curiosity, courage, and insight in the face of challenge.

TED CONNECTS



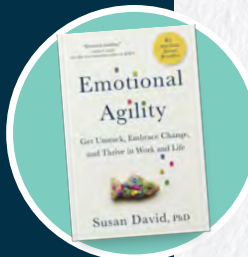
Susan in conversation TED's Chris Anderson and Whitney Pennington Rodgers as part of their live [TED Connects: Community and Hope](#) series. They discuss emotional agility and how to be your best self in times of crisis. Other interviewees in the series include [Bill Gates, Elizabeth Gilbert, and Ray Dalio](#).

CHECKING IN PODCAST



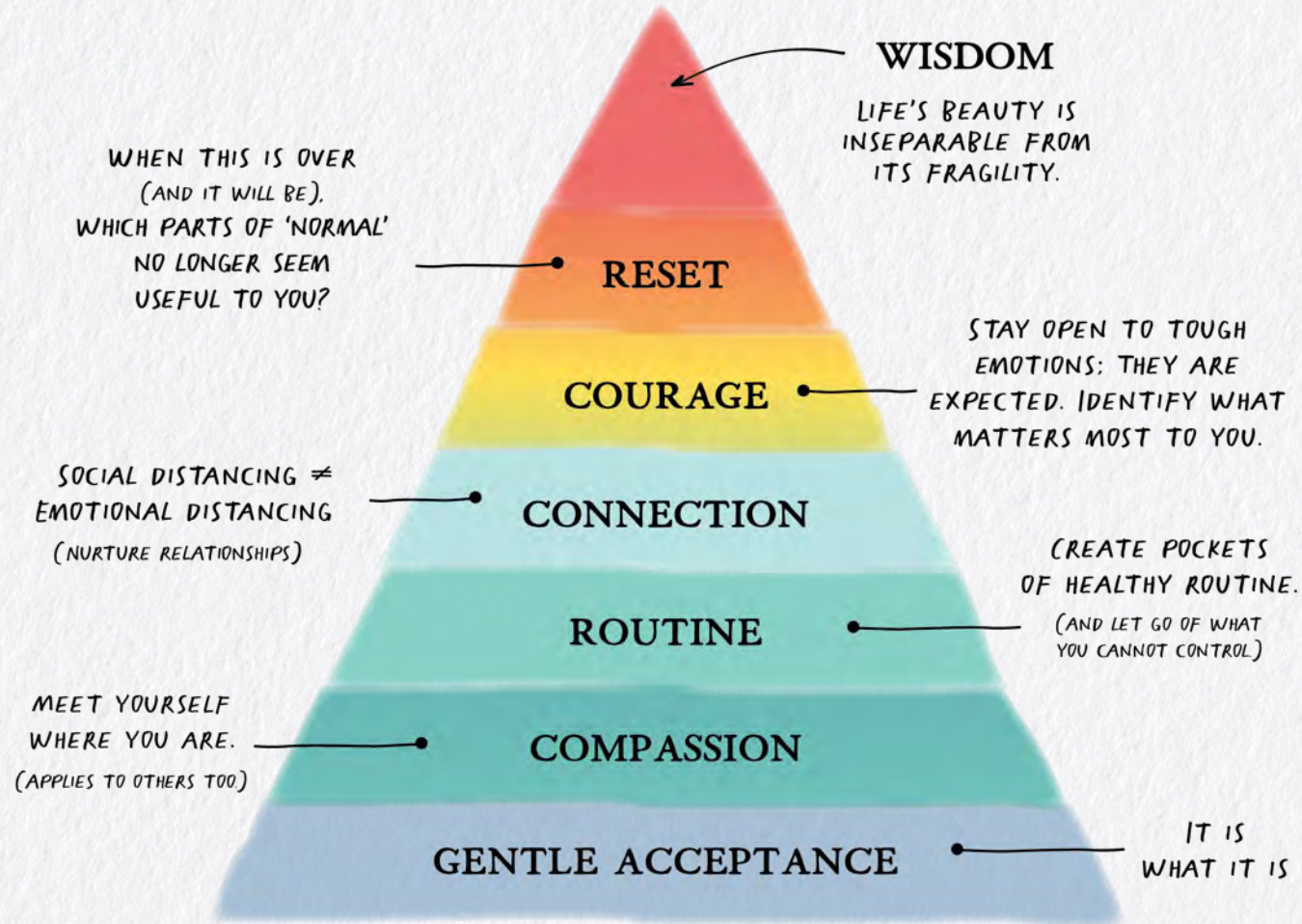
[Checking In with Susan David](#) offers emotional coping strategies for those struggling to find a foothold right now. Created in collaboration with TED and selected by Apple Podcasts as Essential Listening for COVID-19, Susan's accessible, conversational approach to difficult topics is a refreshing and insightful resource for all.

TAKE THE QUIZ

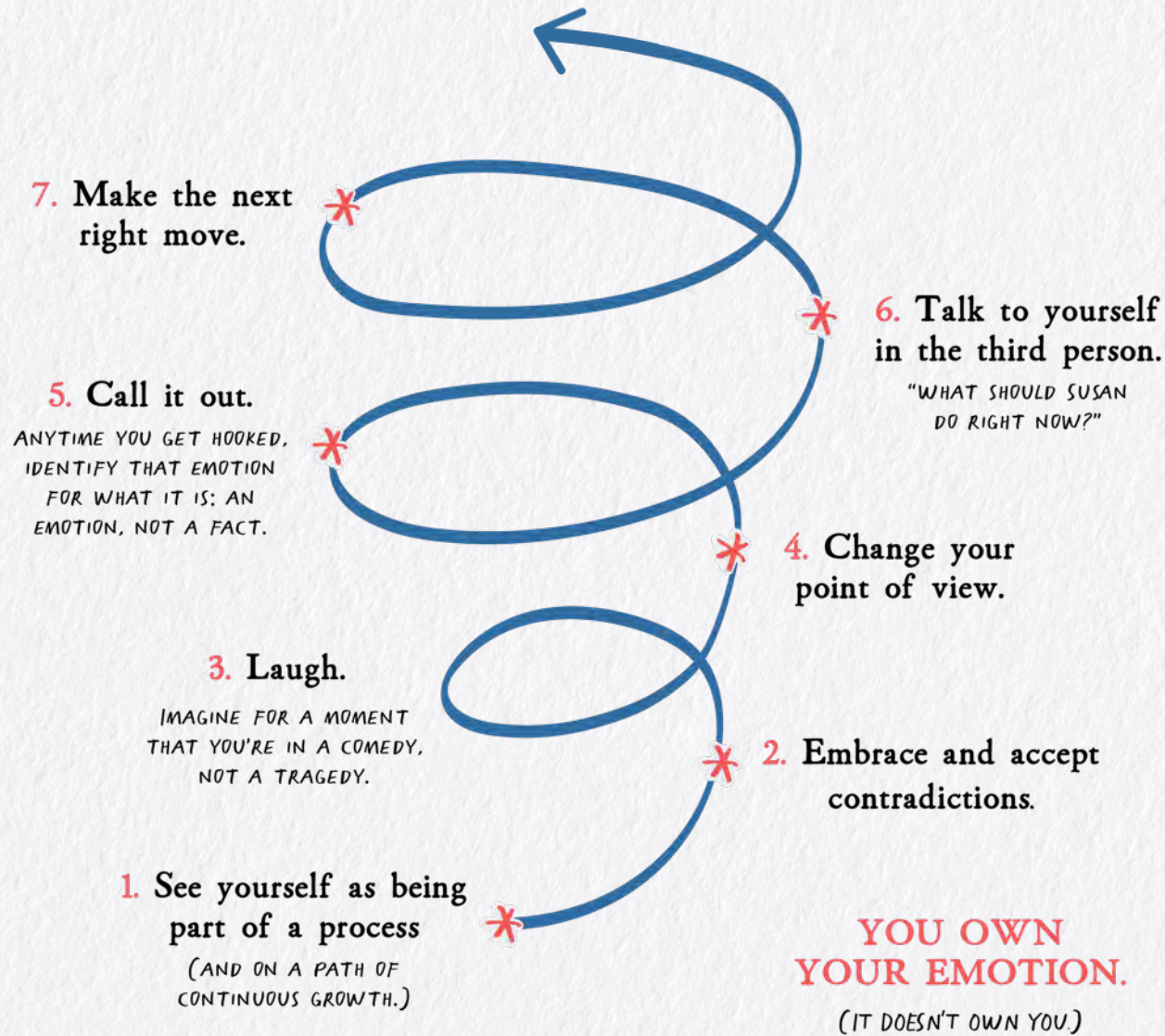


During challenging times it is essential that we lead with emotional honesty and integrity. To show up to your colleagues effectively, you must first be able to understand your emotions for what they are: information, rather than facts or directives. [Take the quiz](#) to learn how to create distance from your mental processes and apply emotional agility to your life.

EMOTIONAL PYRAMID OF NEEDS



HOW TO GET UNSTUCK



IT'S NOT JUST A SPEECH. IT'S A VIRTUAL **EXPERIENCE**.

Emotional Agility is a tool for everyone – now more than ever. Susan inspires audiences to think, feel, and act differently with deeply impactful and positive outcomes for themselves, their colleagues, and their organizations.



With powerful and engaging stories, humor, and insight, **Susan creates a deep and authentic connection**—each person in the audience feels understood, inspired, and able to drive real, pragmatic change.



Emotionally agile people are dynamic. They demonstrate flexibility in dealing with a fast-changing, complex world. They face stress and setbacks with curiosity, compassion and courage, and make choices that are values-connected and serve who they most want to be in life.

BUILD YOUR **EMOTIONAL AGILITY** IN TURBULENT TIMES.

- **Explore** the critical emotional agility habits that enable people to engage, drive culture, team, be resilient, and flourish.
- **Understand** how being hooked by thoughts, emotions, and stories hinders thriving.
- **Learn** how emotional agility enables people to remain curious, courageous and values-committed even in times of challenge and bring their best selves to work.
- **Leave** with a set of essential practical steps to cultivate emotional agility.



Unique Expertise
that engages the
MIND

VIRTUAL FIRESIDE CHAT
masterfully address
organizational goals.

(up to 1 hour)



Powerful Storytelling
that inspires the
HEART

VIRTUAL KEYNOTE
catalyze each person
to be their best.

(up to 1.25 hours)



Actionable Steps
that transform
BEHAVIOR

VIRTUAL WORKSHOP
praised by audiences as
life- and work-changing.

(up to 2.5 hours)

CUSTOMIZED + DELIGHTFUL + RELATABLE



THE WHO.

SUSAN DAVID

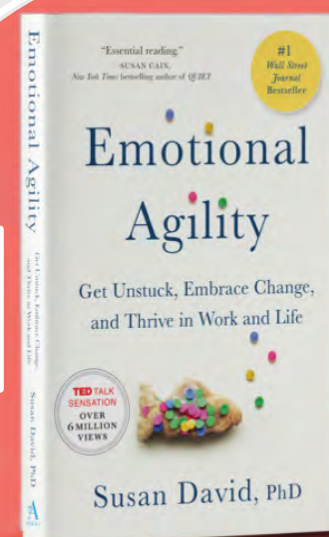
IT'S NOT JUST A SPEECH.
IT'S AN **EXPERIENCE**.

Susan David, Ph.D. is the visionary who developed the concept of **EMOTIONAL AGILITY**.

- An award-winning Harvard Medical School psychologist.
- Named one of the world's most influential management thinkers.
- Recognized by the Thinkers50 Breakthrough Idea Award for "insights that have the potential to forever change the way we do business."
- An Inc.com Top Speaker.
- Author of *Emotional Agility*, the #1 *Wall Street Journal* Bestseller: Emotional Agility has been translated into 28 languages and profiled throughout national and international media including in the *New York Times*, *TIME*, and on the *TODAY* show. *Harvard Business Review* named Emotional Agility a Management Idea of the Year.
- The recipient of a standing ovation at TED for a talk that went viral, with more than 60 million unique views on social media and 7 million at TED.com, making it one of the most popular TED talks of the year.

EMOTIONAL AGILITY

The #1 Wall Street Journal Bestseller





**AN OUTSTANDING
SUCCESS..!**

JEREMY DARROCH,
CEO OF SKY

Susan has given hundreds of outstandingly successful keynote talks to community and organizational audiences throughout the world.



**SUSAN'S DEEP
UNDERSTANDING OF
PSYCHOLOGY IS MATCHED
WITH CLEAR, REAL-WORLD
STEPS TO MORE
EFFECTIVE LEADERSHIP.**

HELEN CLARK,
37TH PRIME MINISTER
OF NEW ZEALAND

"Susan was fantastic. She showed great empathy for the audience and guided our leaders on how to become more agile in face of our daily challenges. Her talk was the perfect blend of inspiring and practical, and the audience loved it!"

GUILHERME SOÁREZ, CEO OF HSM

"We had such an amazing experience! Thank you. I had high expectations about your involvement from the beginning, and the outcome was better than I could have hoped for. You really reached our participants 'in their hearts'."

MIKE VIEROW, MCKINSEY & COMPANY

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SUSAN DAVID



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VISA



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S&P Global

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Deloitte.



sky

EMOTIONAL AGILITY.

Feedback from audience members moved by Susan's words have included notes such as:

"Your keynote was the highlight. I've been talking about it to everyone. It was incredibly eye-opening and paradigm-shifting. Thank you for all you do!"

"One of the most powerful and poignant speakers I've listened to. I was truly moved!"

"Hands down the most inspiring, dynamic, and powerful keynote of the entire conference."

"Your agility session was marvelous! Thank you for leading us...it was a gift."

"The best talk I have ever attended. Her delivery was superb."

SUSAN FREQUENTLY SPEAKS TO THESE AUDIENCES AND INDUSTRIES:

Associations

Board Meetings

Communities

Human Resources

Corporations and Company-wide

Parents and Educators

Senior Management

Professional Services

Sales and Marketing

Women's Events

Technology Industry and Entrepreneurs

CEO and Executive Forums

TALKS ARE CUSTOMIZED TO THESE THEMES

Agility

Engagement

Diversity and Inclusion

Communication

Innovation

Teamwork

Personal Growth

Change

Future of Work

Well-being and Resilience

Inspiring Others

Talent and Leadership

High Performance

Parenting and Education

Culture

Women in Leadership



For additional information, please reach out to Kelly at info@susandavid.com, or discover more online at <https://www.susandavid.com>.



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