



Riding the Crisis Roller Coaster: Positioning Yourself Emotionally Amidst Volatility

Nancy Koehn, Ph.D.

Historian and James E. Robinson Chair of Business Administration, Harvard Business School
Author, *Forged in Crisis: The Power of Courageous Leadership in Turbulent Times*

Interviewer: Manuel Cuevas-Trisán

Vice President and Chief Human Resource Officer, Northwestern University

Thursday, September 17, 2020, 7:00 PM

www.bit.ly/Koehn20FANWebinar

PLUS: After-Hours Event!

Purchase a copy of Forged in Crisis from FAN's partner bookseller The Book Stall to receive an invitation to an "After-Hours" event hosted by Prof. Koehn and Mr. Cuevas-Trisán. All details on the webinar registration page.

Presented by **Family Action Network (FAN)**,

in partnership with Baker Demonstration School, Beacon Academy, Bennett Day School, Catherine Cook School, Chiaravalle Montessori School, Compass Health Center, Countryside Day School, Evanston Township High School D202, Family Service Center, Fusion Academy, Glencoe D35, Glencoe PTO, Lake Forest Country Day School, Latin School of Chicago, Loyola Academy, Mindful Psychology Associates, New Trier High School D203, New Trier Parents' Association, North Shore Country Day School, Pope John XXIII School, Porter-Gaud Parent Association, Regina Dominican High School, Roycemore School, the School of Education and Social Policy at Northwestern University, Science and Arts Academy, Stevenson High School D125, The Alliance for Early Childhood, The Family Institute at Northwestern University, Winnetka D36, Wintrust Bank, Wolcott College Prep, and Woodlands Academy of the Sacred Heart.

This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+ familyactionnetwork.net

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FOR IMMEDIATE RELEASE: NANCY KOEHN, Ph.D.
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Thursday, September 17, 2020, 7:00-8:00 PM, Riding the Crisis Roller Coaster: Positioning Yourself Emotionally Amidst Volatility, a FAN Webinar feat. Nancy Koehn, Ph.D. Interviewer: Manuel Cuevas-Trisán. REGISTER: www.bit.ly/Koehn20FANWebinar. **BONUS AFTER-HOURS EVENT: Attendees who purchase a copy of *Forged in Crisis* from FAN's partner bookseller *The Book Stall* are invited to attend an AFTER-HOURS event hosted by Prof. Koehn and Mr. Cuevas-Trisán that will start immediately after the webinar. Details can be found on the event registration page.**

Covid-19, the massive economic fall-out from the pandemic, the campaign for justice and equality, and the upcoming national election are more than seismic events with enormous practical implications. All of these happenings also have a huge impact on our emotional well-being: day-to-day and over the weeks, months and now, seasons.

FAN is proud to welcome back **Nancy Koehn, Ph.D.**, one of our most compelling speakers on the topic of crisis leadership. Her 2017 FAN talk on her book *Forged in Crisis: The Power of Courageous Leadership in Turbulent Times* was riveting, dynamic, and keenly astute, and it stirred the hearts and minds of those present. Prof. Koehn also appeared at a July 2020 FAN webinar that was a powerful, incisive exploration of managing self and others during a pandemic.

For this webinar, Prof. Koehn will talk about the emotional challenges and possibilities of the crisis, the critical importance of tending to our emotions as well as our physical health during this moment, and a series of easily accessible tools and behaviors we can each use to be more resilient, connected, empathic, empowered, disciplined, and sure-footed. She'll offer advice and examples of how to position yourself emotionally in the midst of volatility – becoming grounded, agile, ready for what is coming, empowered, and focused.

Prof. Koehn is an historian at the Harvard Business School where she holds the James E. Robinson chair of Business Administration. She writes for *The New York Times*, *The Washington Post*, and the *Harvard Business Review Online*. A Phi Beta Kappa graduate of Stanford University, Prof. Koehn earned a Master of Public Policy from Harvard's Kennedy School of Government before taking her MA and Ph.D. in History from Harvard.

Prof. Koehn will deliver a 30-minute presentation, and will then be joined by **Manuel Cuevas-Trisán**, vice president and chief human resource officer at Northwestern University, for a Q&A session. Prior to joining NU, Mr. Cuevas-Trisán was lead employment counsel and chief human resources officer at Chicago-based Motorola Solutions. He has also worked at the Puerto Rico law firm of McConnell Valdés and served as judicial clerk at the Puerto Rico Court of Appeals.

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