# Christine Kopec - Resilient Leadership in Anxious and Uncertain Times

**In this Episode:**

- How do you determine and accept when it's time to pivot?
- Big pivots Christine has made in her life and business
- Her path towards building her company Avante Leadership Group
- Resilient leadership: What does that mean? Why is it so important in today's world? Who needs this work?
- Acute vs Chronic Anxiety and how self-awareness can help you maneuver anxiety into becoming a resilient leadership
- Practical steps in decreasing anxiousness and increasing your ability to show up with more clarity and conviction
- The "getting on the balcony" metaphor and what it means in a transformational level

**Quotes from this Episode:**

"You always leave one foot on the ground." —Christine Kopec

"There's wisdom in knowing when to let go that ball and when to let it come into your life." —Christine Kopec

"I wanted to take charge of my life." —Christine Kopec

"This is the time to spend effort on helping people." —Christine Kopec

"'What was my presence like today?' Asking this question to yourself allows you to be more self-aware." —Christine Kopec

"Step into other people's perspective after you've become more self-aware." —Christine Kopec

"Nobody said transformation is easy." —Christine Kopec

"Be in the moment." —Christine Kopec

**3 Pearls of Wisdom:**

"Be willing to pivot. You don't always have to, but at least have the willingness; because sometimes you need to let go so you can let things come."
"Be aware. Know thyself."
"Be curious."

**Resources:**

**Christine Kopec -** Resilient Leadership in Anxious and Uncertain Times
Website: www.AvanteLeadership.com
LinkedIn: https://www.linkedin.com/in/christinekopec/

Link to the show: https://www.kamiguildner.com/ewr-christine-kopec-172/

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