

Tools for Stress-reducing Leadership and Maintaining Functional Capacity Over Time

9th June 2021 | 4:00 pm – 5:00 pm (Myanmar Time)

About the Webinar

Please join to learn more about the Metis Resilience concept, which combines insights from research by Metis Services' partner psychologist Niclas Wisén's PhD research on managing stress in extreme situations with the tactical tools for leading and performing under pressure developed by Metis Services.

The concept is battle-proven, tried and tested at healthcare intensive care units (ICUs) in Sweden during the Covid-19 pandemic. It's been featured in both daily and periodical press. Metis Services has delivered bespoke solutions and pre-deployment training concepts since 2016.

Who Should Attend

Board and senior management level members of the MIOD and the extended community.



AGENDA

4:00 pm – 4:05 pm	Welcome and Introduction Thiri Thant Mon, CEO, Myanmar Institute of Directors
4:05 pm – 4:45 pm	Presentation <i>Tools for Stress-reducing Leadership and Maintaining Functional Capacity Over Time</i> Ms. Magdalena R. Lind, Co-founder, Metis Services AB
4:45 pm – 5:00 pm	Q & A and Closing Remarks

**The webinar will be in English Language*



Magdalena R. Lind is one of the founders of Metis Services. She has served in conflict and post-conflict zones and most recently during Covid-19 implemented tools and strategies for resilience at Swedish intensive care units.

Registration

To register, please contact the Myanmar Institute of Directors at rsvp@myanmariod.com

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FILL THE ONLINE REGISTRATION FORM

<https://bit.ly/34ITfjH>

Registration is first come, first served.



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About the Myanmar Institute of Directors

The Myanmar Institute of Directors (MioD) is an independent organization promoting corporate governance standards and best practices in Myanmar. It aims to advance board professionalism, promote business ethics and transparency, create networks between corporate leaders and stakeholders, and boost investor confidence in Myanmar's capital markets. The institute's activities include providing board and corporate governance training, helping raise awareness on governance topics, and advocating for market reforms. MioD was formed with support from the International Finance Corporation (IFC), a sister organization of the World Bank and a member of the World Bank Group, and the governments of Australia and the United Kingdom. For more information, visit www.myanmariod.com