

CSU's Got Talent

Live webcasts featuring innovative & essential training for your professional and personal success!

Presented by Systemwide Learning & Development

January 22

10:00am - 11:00am PT

All CSU Staff and Faculty are welcome to attend.

**Zoom Event
Registration**



Your Fearless Year Unmask Your Fears and Release Your Potential

This engaging webinar will be an opportunity for university faculty and staff to address some of their biggest fears, focus on practical skills, self-discovery, and resilience-building techniques to face limiting fears. The webinar will also explore the concept of imposter syndrome and strategies to manage uncertainties with self-assurance and a proactive attitude.

About Natasha Halliday

Natasha is an international speaker, therapist, author and comedian who integrates her dynamic, energetic style, natural story-telling ability, and comedic talent into all of her keynotes and workshops.

Natasha's passion for building resilience led her to creating the Resilience P.A.C.T., a tool that gives individuals a formula for resilience. She helps people move past fear by teaching them how to 'unmask' it, by uncovering the different ways fear presents itself in our lives. After a 20+ year career in various healthcare settings, Natasha supports healthcare workers' resilience through addressing burnout.

CSULEARN

This webcast will be recorded and available on CSU Learn, along with other past sessions of CSU'S Got Talent!