

Magellan
FEDERAL



Webinar Series Presents:

Challenge is the Key: A New Way to Approach Change



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Magellan FEDERAL

We inspire healthier, more productive communities by delivering innovative, total well-being solutions to the Federal Government, military personnel, government employees, and their families.



Meet Our Speakers



DR. JON METZLER

Dr. Jon Metzler, PhD, CMPC, is Senior Director of Human Performance for Magellan Federal, leveraging decades of experience in military, sport, and corporate settings to enhance performance, resilience, and readiness for leaders, teams, and elite athletes.



ELECIA "E" KRUISE

Elecia "E" Kruise, Ph.D., is a seasoned performance psychology expert with over a decade of experience working with military personnel, federal leaders, athletes, and corporate professionals.



JEREMY RICHTER

Jeremy Richter, MBA, MA is a Senior Performance Coach with over a decade of experience supporting military and federal leaders across the U.S.



CHALLENGE IS THE KEY: A NEW WAY TO APPROACH CHANGE





PSYCHOLOGICAL
BUFFER



CREATIVITY



MOTIVATION





BOOKS

- **Flow: The Psychology of Optimal Experience**
by Mihaly Csikszentmihalyi
- **Creativity: Flow and the Psychology of Discovery and Invention**
by Mihaly Csikszentmihalyi

VIDEOS

- **The Flow State: 'Happiness Comes from Doing What You Love' - Dr. Csikszentmihalyi**
<https://www.youtube.com/watch?v=GBYeNuZRuvs>
- **How to Enter 'Flow State' on Command - Big Think**
<https://positivepsychology.com/flow-activities/>



eMbolden

eMbolden is a high-impact coaching program that empowers leaders and teams to grow, perform, and lead with purpose

Built on proven methods used in **military training**



eMbolden

How can eMbolden transform **your team**?

LEARNING PATHWAYS



Optimizing **Self**

- ▶ Mindset & Purpose
- ▶ Mental Agility
- ▶ Energy Management



Connecting with **Others**

- ▶ Strengthening Relationships
- ▶ Communication and Feedback
- ▶ Growth and Development



Leading **Teams**

- ▶ Culture of Collaboration
- ▶ Motivation
- ▶ Building Trust



Q&A





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