
 Celebrates
Women's History Month
Virtual Fireside Chat with
Carolyn Mosby
President/CEO of Cole Brown Strategies and former President/CEO of the Mid-States Minority Supplier Development Council

Wednesday, March 13, 2024
11 am - 12 pm CST


Moderator
Dr. Sabrina Robins
Senior Executive at Alabent, LLC, specializes in strategic business advisory services and is considered an expert in the field.

In this captivating session, Mosby shares her extraordinary journey of **resilience** and **victory**, inspiring you to rise above challenges. This isn't merely an event; it's a call to unleash your unflappable courage in life and business.

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Thank you for attending our Women's History Month fireside chat featuring Carolyn Mosby, with Dr. Sabrina Robins moderating. Carolyn offered invaluable insights relevant not only to women in business but to anyone seeking guidance for their personal and professional growth. Below, you'll find highlights from today's enlightening discussion. If you couldn't join us live, don't worry – click the link to watch the recording and catch up on the wisdom shared.

KEY TAKEAWAYS

1. **Emotional Resilience:** The ability to bounce back from challenges, cope with grief and loss, and maintain emotional well-being during difficult times. Carolyn's experiences showcase the importance of emotional resilience in leadership.
2. **Adaptability:** Being able to navigate changes and pivot when necessary. Carolyn made bold choices for her mental health demonstrating the value of adaptability.
3. **Composure Under Stress:** Maintaining a calm and confident demeanor in high-pressure situations. The concept of being "unflappable" is discussed as a crucial skill for women leaders.
4. **Vulnerability:** The willingness to share personal experiences, express emotions, and be open about challenges. Carolyn emphasized the role of vulnerability in leadership and building connections.
5. **Community Building:** Fostering a sense of sisterhood, collaboration, and shared values utilizing different forms of friendship, support, and community involvement.
6. **Crisis Management:** Developing plans and support systems to handle personal and professional crises effectively. Carolyn shared her experience with crisis management and the importance of having a plan in place.

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