

LIZ FOSSLIEN

Background

Liz Fosslien is the co-author and illustrator of the *Wall Street Journal* best-seller *No Hard Feelings: The Secret Power of Embracing Emotions at Work*, and the Head of Content at Humu, a company founded by Google's former SVP of People Operations that uses behavioral science to make work better. *No Hard Feelings* has been featured by *The New York Times*, *The Harvard Business Review*, and *TIME*. Liz has spoken at SXSW, MIT, and the 92nd Street Y and has led workshops based on the book for leaders at organizations including Google, Adobe, LinkedIn, and Viacom.

Book

No Hard Feelings is a clever, sometimes counterintuitive guide to embracing emotion at work without letting it run wild. The modern workplace can be an emotional minefield, filled with unwritten rules. When can you trust your gut, if at all? How should you handle a constant complainer? The book's sharply funny illustrations make *No Hard Feelings* a romp through behavioral economics, psychology, and organizational design.

Interactive workshops, 60-90 minutes

How to Build a Culture of Belonging - What if you could bring yourself out of hiding and into the organization, even the parts of yourself that don't seem to belong on a surface level? This session pairs the science of emotional cultures with small group discussions to outline how individuals and organizations can foster belonging for all employees.

How to Help Remote Workers Avoid Burnout - A walk through the unique challenges remote workers face—including feelings of isolation, barriers to knowledge-sharing, and digital miscommunication—and the easy-to-implement practices distributed teams can put into place to overcome them.

How to Navigate Different Work Styles - The best way to mitigate destructive conflict is to preemptively discuss work preferences and styles. In this session, participants learn to navigate common differences, and then write, share, and compare their own "How to Work with Me" guides.

How Female Leaders can Effectively Harness Emotion - Success as a female leader depends on building trust by effectively harnessing emotion—while still walking the line between sharing and oversharing. This session equips female leaders with the tools to understand, navigate, and express their emotions at work.

Commitment

Travel expenses and speaker fee.