

Resilience: The Courage to Come Back

Program Overview:

How do people deal with difficult events that change their lives? Whether it is the death of a loved one, loss of a job, serious illness, or another traumatic event, these are all examples of very challenging life experiences. Many people react to such circumstances with a flood of strong emotions and a sense of uncertainty. By understanding factors that influence resilience and adopting helpful strategies, you can positively alter how you move through hardships.

Learning Outcomes:

- Learn what resilience is, why some people are more resilient than others, and realize factors that influence the ability to adapt better or worse to difficult events.
- Discover key strategies for building resilience, realizing what works for one person might not work for another.
- Understand how focusing on past experiences and sources of personal strength can help you determine what strategies for building resilience might work best for you.
- Develop an action plan for adapting well to adversity or significant sources of stress—like relationship problems, serious health concerns or workplace and financial stressors.

Biography:

Tracy Butz, owner of Think Impact Solutions, is an inspirational keynote speaker, captivating author and successful consultant. She has more than 20 years of experience actively engaging both large- and small-size audiences including the US Army, Motorola, Shopko and Subway, just to name a few. Her reputable experience includes working 10 years as Director of Learning & Development, where she was accountable for talent management and employee development. Tracy also proudly holds the Certified Speaking Professional™ (CSP) designation, which is the highest honor in the speaking profession, held by only 12 percent of speakers worldwide. Tracy truly delivers the tools for today's world, helping to further engage employees, energize workplace culture, and empower high performance.