

## 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. *(2 or 4 hours)*

### 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 speaker, captivating author and successful consultant. In addition to being a recognized speaker of the National Speakers Association, she has over 20 years of experience actively engaging both large- and small-size audiences from a wide range of industries including the US Army, Motorola, and Subway, just to name a few. She has also spent part of her career working as Director of Learning & Development, responsible for leading organizational development and talent management initiatives. Tracy truly delivers the tools for today's world, propelling her audiences to live more productive, passionate and purposeful lives.