



# RESILIENCE: Courageously Adapt and Build Back

## Description:

Whether it is a tumultuous relationship at work, the loss of a job, the death of a loved one, a serious illness, or another traumatic event, these are all examples of very challenging life-altering experiences. Most people react to such circumstances with a flood of strong emotions and a heightening sense of insecurity and uncertainty. By understanding factors that influence resilience and applying powerful strategies to more effectively move through the four phases of it, you can positively alter how you work through hardships and more effectively influence and help others, too.

## Learning Outcomes:

- Discover why some people are more resilient than others when facing adversity or significant sources of stress—like workplace issues, relationship problems, serious health concerns or financial stressors.
- Build your level of each of the four types of resilience by learning from past experiences and how sources of personal strength can help influence your ability to adapt to difficult events.
- Apply 10 powerful strategies to effectively move from experiencing an issue to achieving an enhanced sense of purpose, a positive and optimistic outlook, and a paved path toward peak performance.

## Biography:

Tracy Stock is one of the most in-demand and top-rated female speakers in North America today because of her ability to inspire behavior change and achieve positive outcomes. As a former director of learning and development and 20+ years of speaking experience, her trusted clients include the US Army, Motorola, Berkshire-Hathaway, US Bank, True Value and Subway, to name a few.

As a Certified Speaking Professional® (CSP)—Tracy has earned the highest honor in her profession held by only 12 percent of speakers *worldwide*. She is also a prolific and best-selling author, with five published books and numerous other products.

Tracy is a dynamic, passionate speaker who is committed to energizing workplace culture, enhancing employee engagement and empowering high performance—helping organizations, teams and individuals live more productive, passionate and purposeful lives. When looking for a memorable speaker who understands client's needs, delivers on her promises, and drives energy and success to your event, Tracy Stock is your solution.