

## Fall Leadership Virtual Summit - Finding Resilience

**FACT. RESILIENCE IS A TOP SKILL NEEDED IN TODAY'S WORKPLACE.**

**FACT. RESILIENCE IS A CRITICAL SKILL NEEDED IN LIFE.**

So many changes these days, which is a difficult space for most of us to be - we are hardwired to prefer routine and most often our brains turn to negativity. To add to this most don't have or forget the skills that help us manage change, stress and novel situations.

Resilience provides us with a protective factor to deal effectively with times of change, high pressure, and stress - a quality you can pass on to your team, your family, your friends. Resilience enables a positive approach to work and outlook on life, which in turn enables better problem-solving and helps to maintain motivation.

There hasn't been a more appropriate, or necessary, time in our lives to focus on resilience. While the common description of resilience is the ability to "bounce back after hardship", Jean challenges you to bounce forward. To take the resilience skills you will discover you already have, add some new skills you will learn in this session and become a better person after this pandemic. Topping off the session are ways you can recharge, reenergize and motivate yourself and others.

**TIME TO MOVE ON, ACCEPT CHANGE AND EMBRACE POSITIVITY.**

**THAT IS THE GOAL OF THIS SESSION:**

1. Cite four components of resilience.
2. Set three daily practices to increase gratitude.
3. Define the "engine of resilience."
4. Explore personal resistance to change.
5. Cite five components of a stress hardy personality.
6. Set three goals to increase resiliency to change.

*Oh, and to have fun!*

**REGISTER HERE!**

**DATE: OCTOBER 18, 2021**

**TIME:**

10:30 a.m. - 1:30 p.m. ½ hour break

**CES/SHRM CREDITS:**

2.5

**LEADINGAGE WASHINGTON MEMBER:**

\$79.00

**SUMMIT ATTENDEE:**

\$109.00

## JEANS BIO



**Jean Steel** is an engaging and enthusiastic motivational speaker and trainer, whose universal appeal makes her message timely and timeless. She has a knack for providing information in a humorous and fun way. Her belief is that laughter and learning are not mutually exclusive.

Born the eldest of five children, Jean spent her formative years in Africa and Asia. That decade on unfamiliar, foreign soil helped her to cultivate the confidence, strength, and resilience many of us work a lifetime to achieve.

A born communicator, Jean's many interests developed into her career path. She earned her Master's Degree in Wellness Mind/Body Health and has been speaking and teaching across the nation for more than 20 years. The founder of Happy People Win, a wellness training and speaking firm, Jean has also authored two books—I'd Like to Run Wild!: A Wellness Action Guide and Need Change? Customer Service Tips to Grow from Good to Great, and has presented these topics to our long term care professionals in Washington State.

[happypeoplewin.com](http://happypeoplewin.com)

# forward