

# Workshop Abstract

## Session: The Power of Resilience

The psyche of America, (like the Stock Market) is currently quite fragile. We have forgotten our roots as pioneers who find opportunity and excitement in the face of the unknown. We have forgotten that much of the success that we have been able to generate in the past was based on our tenacity and resilience. This keynote and discussion time is aimed toward reminding participants of our roots and equipping them with ways to grow in their resiliency and focus.

### Our Keynote

In this session, participants will:

- ✓ Explore the role of resilience in times of challenge
- ✓ Examine 7 key attitude choices that we all can make in the current environment
- ✓ Identify key tactics to reducing stress
- ✓ Learn specific strategies for recharging during difficult times
- ✓ Be inspired to see our current challenges as incredible opportunities for those who keep a positive focus
- ✓ Commit to specific habits that will create success at home and at work

For further information on these sessions feel free to contact Dr. Tim Ursiny at Advantage Coaching & Training, Inc., 480 East Roosevelt Rd., Suite 105, West Chicago, IL, 60185; phone: (630) 293-0210; email: [drtim@advantagecoaching.com](mailto:drtim@advantagecoaching.com).