

AdminsRise 2023

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Everyday Lessons to De-Stress, Decompress, and Engage More In Life

Building resiliency allows us to bounce back after stressful situations, minimize the negative impact of that stress on our health, and feel more in control of our life.

How do you stay healthy, boost energy, restore focus and bounce in the face of continuing challenge and uncertainty?

Success and longevity in our high-pressure-world hinges not just on our knowledge, but also on our ability to recover and remain energized during challenging situations and organizational changes.

Research shows that burnout and role overload are pervasive and that our mental health is at risk.

The way in which we work and the environment that we work in, can cause exhaustion and burnout. Without the right resiliency tools, stress can build to a level that seems too difficult to handle and can leave you feeling depleted. These reactions can leave you exposed to a variety of illnesses and injuries or can take you away from your passion, purpose, and life goals.

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Resiliency can be learned. Small shifts can have a major impact. Understanding the 10 traits of resiliency along with three simple questions, this interactive keynote will help you to choose the most effective strategies that will allow you to bounce back after a stressful situation, minimize your negative stress symptoms and risk of burnout, and engage more fully in your life.

Focus will be on identifying positive opportunities for self-care, utilizing practical approaches and solutions to building your resiliency, and integrating these resiliency strategies into your new reality. Discover how to effectively respond to challenges, cope through change, and harness your energy, so that you can finally focus on living your best life.

Key Messages:

- There is a mental health continuum that we all move along and it is dynamic as we experience stress, challenge, and crisis.
- Success and longevity hinges not just on your knowledge and skills, but also on your ability to recover and remain energized during challenging situations
- Resilient people are able to sustain successful performance and positive well-being in the face of adverse conditions.
- Resiliency is created and sustained through adaptability, a sense of purpose and vision, insight and problem-solving, and garnering support.
- If the current reality is not ideal, you must move forward in creating your plan of action.

