

LIVING Resiliently

Dealing with the Challenges of Life

“...you provided the employees with substantive ideas and tools about bouncing back and remaining resilient during hard times.”

**Ohio Dept. of
Administrative
Services**

“...You even went off the charts with some 5+ and 10 ratings!”

..comments include Energizing; Informative; Excellent; The best session of the seminar; What a dynamic speaker.”

**International
Assoc. of
Administrative
Professionals**

Tough stuff happens. Adversity, change, and the “curveballs” of life are inevitable. Resilient people are able to respond positively. They find ways to regain control, bounce back whatever the circumstances, and look for new opportunities or create them. They thrive!

Resilience is like a bank account. Even though we aren't aware of it, every day of our lives we make deposits or withdrawals. The goal is to build enough resilience throughout life so that when the inevitable difficulties occur there is plenty to draw on.

So how do you build resilience and why would you want to? Resilient people are the ones who succeed no matter what. When, as the saying goes, “the chips are down,” they will come out on top – for themselves – their families – their employers – their communities.

With a little work on the “right” things, anyone can take their resiliency level to new heights. Gain personal insight and learn new skills to consistently increase your strength and resiliency and stay on track for a happy and successful life.

Depending on the length of program selected, participants will;

- *measure their current resiliency level
- learn how to use the P.E.A.C.E. keys to resilience
- discover the three main obstacles and how to overcome them
- learn how to change “wobble words” and other hidden habits
- gain the confidence and courage to handle whatever may come

Resilience people create resilient organizations and successful, fulfilling lives.

Linda Nash is considered a leading expert on resilience and managing change. She can guide the individuals in your group to new heights and happiness.

*** This program may include an individual resilience assessment for each participant.**

Linda Nash

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