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Keynote Proposal

"Harnessing Resilience in the Face of Challenge"

Abstract

Successful teams excel by adapting to challenging environments, whether those challenges arise from growth, transformation, technological advancements, innovative strategies, or other factors. When professionals lack the tools needed to navigate and thrive amid adversity, the challenges can feel insurmountable.

In this presentation, I will draw from my personal journey of resilience—from the loss of my leg in combat to competing in the Ironman World Championships. I will share the essential tools that every professional should master to ensure success in today's ever-evolving landscape.

"We enjoyed his talk, his relaying of personal story, and the message of perseverance, resiliency and goal achievement was extremely well received by our audience!"

-Shannon Rodgers, Manager – IT Customer Service, Koppers Inc.

Learning Objectives

1. Discover four foundational principles of resilience.
2. Identify five essential character traits that embody perseverance.
3. Leave with four actionable steps to cultivate a resilient mindset.

References

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