



Resilience is a Choice

4 decisions essential to weathering unrelenting stress

Based on more than **100 interviews with leaders and team members**, Eliz shares insights to weather the stress of crisis and change. She discovered that highly capable people are often unequipped to deal with the stress of an unsolvable situation. For them, the stress of dealing with vulnerability amplifies the stress of crisis and change.

Ultimately, resilience is a choice. We choose to move forward in the face of failure, crisis, tragedy, pain, or life-altering (and business-altering) events we can't control. Understanding your reaction to vulnerability is essential to becoming resilient.

In this program, Eliz share 4 essential decisions to:

- Deal with the curse of capability.
- Get comfortable with the emotional reaction to vulnerability.
- Focus on what is possible rather than dwelling on what is difficult.
- Strengthen your resilience muscle.

Interactive participation may include:

Post-it exercise
Stress reduction personality quiz
Dancing if appropriate