



**VICTIM SERVICES OF MONTGOMERY COUNTY  
PRESENTS**

**The 5 Practices of Highly Resilient People:  
Why some flourish when others fold**

Join us for an afternoon focused on enhancing your resilience, mental health,  
and wellbeing, in honor of Women's History Month, March 15<sup>th</sup>, 2024,  
12 noon – 2 pm at Community Partners, 2506 N. Broad St., Colmar, PA 18915  
with Dr. Taryn Marie Stejskal

***Registration \$60 (Lunch & Certificates for 2 training hours included) registration  
deadline is March 11<sup>th</sup>***

***Please register at [www.victimservicescenter.org](http://www.victimservicescenter.org)  
Zoom available link will be sent the day before the event***



DR. TARYN MARIE STEJSKAI

## Overview

What are the attributes that determine whether your leaders, teams, and organization will flourish or fold in times of uncertainty, change and transition? **After conducting twenty years of research to understand how people effectively face challenge, resilience has emerged as the key differentiator that sustains people in moments of difficulty, ambiguity, and adversity.** In this signature workshop, Dr. Taryn Marie will share how resilience is the essence of being human, the myths that cloud our understanding of resilience, and provide practical tools and skills to amplify resilience. Dr. Taryn Marie invites all of us to look within ourselves, rather than outside of ourselves to uncover our inherent resilience. **She inspires audiences with the practical, tangible, and evidence-based framework, The 5 Practices of Highly Resilient People, based on her #1 WSJ Bestselling book, where attendees will identify and adopt practices that will enhance their wellbeing and sustain their resilience.**

### Attendees will:

- ▶ LEARN THE 5 PRACTICES OF HIGHLY RESILIENT PEOPLE that allows people to flourish, rather than fold!
- ▶ APPRECIATE THE IMPORTANCE OF EMPATHY & AUTHENTICITY IN LEADERSHIP
- ▶ UNDERSTAND THE PERVASIVE MYTHS THAT BLOCK OUR ABILITY TO ACCESS RESILIENCE
- ▶ Recognize practical skills to REDUCE STRESS, EXHAUSTION, AND BURNOUT
- ▶ CREATE REALISTIC WAYS TO BUILD RESILIENCE in the workplace
- ▶ Leverage resilience to POSITIVELY IMPACT THE CLIENTS AND CUSTOMERS you serve

## Dr. Taryn Marie Stejskal

**As the #1 international expert on resilience and mental wellbeing,** Dr. Taryn Marie has inspired audiences ranging from big stages of thousands to intimate gatherings of executives, sharing how we can all effectively face the inevitable moments of challenge, change, and complexity. LA Progressive magazine calls her “the go-to person” and “a secret weapon” for organizations and teams who want to find their edge and rise above the competition. She has received standing ovations from audiences on topics related to change, leadership, confidence, compassion & empathy, innovation, wellbeing, and, of course, resilience. Audience members say her keynotes are:

**“Uplifting. Thought provoking. Unforgettable. Your life and view of the world will not be the same after hearing Dr. Taryn Marie speak!”**

She is a **#1 Wall Street Journal (WSJ) Bestselling Author** of the book, ***The Five Practices of Highly Resilient People: Why some flourish when others fold***, and the **Founder and Chief**

**Resilience Officer (CRO) of the Resilience Leadership Institute (RLI).** By conducting two decades of original research on resilience, Dr. Taryn Marie developed the empirically based framework, **The Five Practices of Highly Resilient People** and believes that resilience is the key to individual, teams, and organizational growth and acceleration across the globe. Her mission is to positively impact the lives of 1 billion people through the practices of resilience. Prior to founding RLI, she served as the **Head of Executive Leadership Development & Talent Strategy at Nike**, as well as **Head of Global Leadership Development at Cigna**.

Global Gurus has recognized Dr. Taryn Marie as a Top 30 Thinker in Leadership, she is a Marshall Goldsmith Top 100 Global Executive Coach (MG100), and she was a finalist for the Tony Hsieh Award, named for the former CEO of Zappos, awarded to those who are leading human capital innovation. Her work has been featured by Fox and NBC News, Bloomberg Business, [Thrive Global](#), and [Forbes](#). **Her TEDx talk entitled “How Resilience Breaks Us Out of Our Vulnerability Cage” has been viewed over 1 million times!**