

Building Resilience: A True Story of Grit & Determination

all presentations are available live in-person or virtually



Resilience Keynote Overview

In a world filled with economic uncertainty, political volatility, unprecedented developments in technology, increasingly devastating natural disasters, and never-ending challenges, staying motivated can feel impossible. The hard truth is that the overwhelm can be paralyzing for people who haven't developed the resilience and grit to thrive during adversity.

Set against the backdrop of her real-life story of the desperate times that led her and her children to build their own house using YouTube tutorials, Best-selling author Cara Brookins' presentation inspires and challenges audiences to go beyond their comfort zones, conquer self-doubt, and turn overwhelm into action.

Her stories, encouragement, and inspiration will give your audience the tools to always get back up (and keep moving forward) no matter the challenge or obstacles in their way. And today, more than ever before, you need a resilient team with the grit to perform under pressure and rise above the chaos no matter what happens in the world.

Key Takeaways:

- ✓ Tools and inspiration that anyone can use to turn crippling overwhelm into action
- ✓ Unconventional strategies you need to resist quitting and follow through despite setbacks
- ✓ Become the type of person who pushes boundaries and barriers to do extraordinary things
- ✓ Proven strategies to develop the mindset needed to get unstuck and thrive in any situation
- ✓ Cultivate the inner strength to rise above the chaos no matter what happens in the world
- ✓ Gain an inspiring sense of what's possible when you adopt a mindset of grit and resilience

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