

## When the Going Gets Tough Build Resilience!

Are you in an industry that suffers from high burnout rates?

Stress related illness has now become the number one reason for absenteeism in the workplace.

### **MENTAL TOUGHNESS KEEPS YOU MOVING FORWARD WHEN YOU MOST WANT TO QUIT.**

It is the key to long-term success and critical for achieving massively-challenging goals. Old-school thinking had people believing that you either had it or you didn't.

But a growing body of breaking research reveals that mental toughness or “resilience” is not only a mindset that separates those who succeed from those who plateau, it is a teachable and buildable skill.

In this fascinating talk Louisa explores what resilience is and the mental, emotional & physical skills required to build it.

People walk away with practical evidencebased strategies for redirecting stress before it becomes distress.

### *About Louisa Jewell, MAPP*

Louisa Jewell is a speaker, author, and Canada's leading expert in positive psychology. She has taught thousands of people to flourish – both at work and in their personal lives – using positive psychology.

Louisa is a graduate of the ground-breaking Master of Applied Positive Psychology (MAPP) program at the University of Pennsylvania which is the first master's program in the world that offers in-depth study of the science of psychological well-being, led by renowned psychologist, Dr. Martin Seligman. Louisa is a professor of positive psychology at the University of Texas and was an instructor at the University of Toronto and regularly delivers webinars and workshops to positive psychology practitioners around the world.

