

Woe to WOW—Solutions for Resilience

helping your audience thrive and succeed at work and home

What You Can Expect

The following is intended to help you decide if the content and delivery style of Woe to WOW keynotes and workshops are a good fit for you and your group.

Keynotes Offer:

- √ Inspiration and learning through upbeat stories, examples and humor
- √ Minimal, quick and fun audience participation
- √ Strategies to strengthen your resilience to adversity, change and set-backs
- √ Reasons why resilience is important and how we all have it
- √ Acknowledgement of who you are and what you do
- √ Three main messages:
 1. *Do your best and let go the rest*
 2. *You're stronger than you think*
 3. *Take yourself lightly.*

Workshops Offer:

- √ Learning through interaction and personal and professional sharing
- √ An opportunity to create long term and sustainable change
- √ Time for self-discovery and heightened awareness of your resilient-ability and how you may have let adversity or challenge trip you up
- √ A chance to connect and work with others who have similar concerns
- √ Strategies to strengthen your resilience to adversity, change and set-backs
- √ Time to put those strategies into a personal action plan
- √ A safe place to share what you think and feel.
- √ Acknowledgement of who you are and what you do
- √ Freedom from *rules, have tos* or *shoulds*
- √ Time for celebration, connection, rejuvenation and fun

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