



# SOLUTIONS FOR RESILIENCE

## Patricia Morgan

helps move her audiences from:

stressed	to stress hardy
misunderstood	to connected
discouraged	to encouraged
overwhelmed	to coping
woe	to <b>WOW</b>

"We laughed. We learned. We walked away with useful tools to pressure proof ourselves."

**Joni Birch, Counsellor, Relationships Australia**

"Her suggestions are realistic, provocative and easy to implement. We left with smiles, feeling positive and revitalized."

**Dr. Anita Mitzner, Alberta Health Services**

"Patricia possesses the unique ability to address difficult topics with thoughtfulness and humor."

**Pat Worthington, Director HR, Rockyview School Division**

"Patricia gave us a positive and fun spin on being more resilient at work, including leaving some worry behind."

**Amy Oshanyk, ATB Financial MasterCard**

"The feedback was positive, with many of the participants commenting on Patricia's down to earth level of communication."

**Joe Sheptak, Marketing Manager, Sysco Foods**

With a MA in Psychology, Patricia works with individuals and organizations who want to minimize their stress and strengthen their everyday resilience at work and home. Audiences describe Patricia's message as **meaningfully fun, surprisingly insightful, and delightfully uplifting.**

Patricia was honoured by Global TV and the YWCA as a **Woman of Vision**, and received the **Spirit of CAPS Award** for her *contribution to excellence in the speaking profession.*

She is the author of four books and four micro-books including: ***From Woe to WOW: How Resilient Women Succeed at Work, Love Her As She Is: Lessons from a Daughter Stolen by Addictions*** and the Canadian Best Seller, ***Frantic Free: 167 Ways to Calm Down and Lighten Up.***

Contact **Patricia** to increase morale, general well-being, and satisfaction at work and home.

Watch **Patricia** in action at [www.SolutionsForResilience.com](http://www.SolutionsForResilience.com)

Contact Patricia at 403.242.7796 or [patricia@SolutionsForResilience.com](mailto:patricia@SolutionsForResilience.com)

## Presentations

to Lighten Your Load and Brighten Your Outlook

### Popular Keynotes

- \* **The Rubber Band Principle:**  
Three Easy Ways To Strengthen Your Resilience
- \* **Sunny Side Up:**  
The Power of Joy at Work and Home
- \* **Get Over Getting Older:**  
Tips on Resilient Aging from a Spunky Senior

### Popular Workshops (Breakouts)

- \* **Pressure Proofing:** How to Calm Down, Lighten Up, and Reduce Stress
- \* **Help Build Resilience:**  
The Strength to Cope and Succeed
- \* **7 Secrets of Recognition:** Communicate to Build Workplace **Resilience**
- \* **The Lighter Side of Work:** Up Your Joy Factor and Re-engage Your Team

Patricia's clients appreciate customized presentations.

**Just ask!**

## Keynotes (30 to 75 minutes)

### The Rubber Band Principle:

Three Easy Ways To Strengthen Your **Resilience**

Too often we say “It’s too hard.” You can increase your bounce-ability and capacity to recover from change, mistakes, setbacks and stress at work and home. The Rubber Band Principle encourages you to Do Your Best—LEARN—Let Go the Rest and help you easily improve your physical, mental, emotional and social well-being.

#### Participants will take away:

- 30 Second Quickies to better care for their bodies, increasing health and vitality
- Thought and talk edits for increased life satisfaction
- A lighter load and brighter outlook

### Sunny Side Up:

The Power of Joy at Work and Home

Too often we let petty and daily grumbles pull us down. The story of Bertha Honker will inspire you to increase your smiles, laughter, and joy factor. This session is filled with optimism, appreciation and delightful surprises. . . all to increase your well-being and resiliency.

#### Participants will take away:

- Tips to think like an optimist
- Ideas to create cheerful surprises and increase their joy
- Ways to show authentic appreciation, and silliness

## Contact Patricia to discuss possibilities!

Resilience takes practice. No matter people’s age, position, or situation they can benefit from a resiliency kick-start. Consider an uplifting presentation for your group or organization.

403.242.7796 or [patricia@SolutionsForResilience.com](mailto:patricia@SolutionsForResilience.com)

Check her out at <https://solutionsforresilience.com>



Member

**CAPS**

Experts who speak professionally



## Workshops (45 minutes to 3 hours)

### Woe to Wow: Solutions for **Resilience** at Work and Home

Alternate Title: **Help Build Resilience:**

The Strength to Cope and Succeed

Discover that *You’re stronger than you think*. Be given key ways to strengthen your stress hardiness and internal locus of control. Walk away with a strategy to better cope and succeed.

### Pressure Proofing How to Calm Down, Lighten Up, and Reduce Stress

Hear how to minimize unnecessary stress. Discover how to better manage emotions, thought patterns and physical discomfort while increasing your productivity, wellness, and fun factor.

### 7 Secrets of Recognition:

Communicate to Build Workplace **Resilience**

Effective communication is the key to enhancing any relationship. Appropriate validation improves commitment, connection and satisfaction. Minimize criticism, increase encouragement, and become a workplace cheerleader.

### The Lighter Side of Work:

Up Your Joy Factor and Re-engage Your Team

It is a myth that seriousness is a healthy workplace standard. Discover light hearted strategies to improve problem solving, team work, and client relationships.

Patricia has worked with 100’s of organizations including - Hamilton Health Sciences \* Alberta Health Services Sysco Foods \* TOPS Clubs \* Health Canada \* Bellwood Health Services \* Tom Baker Cancer Centre \* Primary Care Network \* Mastercard \* Calgary Board of Education \* Foothills School Division \* Un of Calgary \* Un of Lethbridge \* Mount Royal Un \* Aurora College (NWT) \* Government of Alberta \* Husky Oil \* Silver Group \* YWCA \* YMCA of Central Ontario \* Hull Services \* Calgary Stampede \* City of Calgary \* Relationships Australia \* Victim Assistance Program \* PLUS dozens of women’s groups and helping professionals.