



(RQ Focused - All Audiences)

The Science of Getting Knocked Down & the Skill of Getting Back Up! *Raising your Resilience Quotient (RQ) to manage everyday challenges.*

The need for resilience has always been high. With record levels of unrelenting stress, ambiguity, and challenge, the demand for resilience has become constant. Not just for the significant setbacks and major change, but as an on-going skill to deal with everyday frustrations and obstacles.

When looking to build resilience skills, most of the focus is on the "bouncing back" element. The problem is, this is only half the equation. To truly strengthen your Resilience Quotient (RQ), you must also learn how to fall better when you get knocked down!

The most resilient, and often the most successful people, stand out not because they never fall but because they fall better, which helps them get up faster. This allows them to consistently stretch their potential to learn, innovate, adapt, and thrive – even in the most stressful times.

In this keynote, Sara Ross will take you through a four step research-backed method to raise your RQ by sharing the following:

1. The difference between challenge-stress and crisis-stress and the brain science of emotions triggered by each.
2. Three mindset shifts to change the narrative of the story you tell yourself when it's keeping you stuck, discouraged, and overwhelmed.
3. An approach to increase your awareness of obstacle-thinking and how to instead focus on the opportunities those obstacles present, the choices you can make, and how to channel both into positive momentum-creating action.
4. A strategy to address the three thieves of resilience: perfection, comparison, and the fear of judgment and how to use your fear to fuel your growth.