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SPEAKER TRAINER COACH



ACCIDENTAL RESILIENCE

People face all kinds of adversity in life. There are personal crises, such as illness, loss of a loved one, abuse, bullying, job loss, and financial instability. There is the shared reality of tragic events in the news, such as terrorist attacks, mass shootings, natural disasters, and of course the pandemic. People have to learn to cope with and work through very challenging life experiences.

Life comes at you fast, sometimes too fast. You can go from being in a car headed with your family to a world-class museum on vacation, to having your career end in a moment. The woman that hit us never saw us and likely never knew that her moment of distraction became the moment that altered the trajectory of my life and my family's lives. My only choice was to be resilient.

Being resilient does not mean that people don't experience stress, emotional upheaval, and suffering. Some people equate resilience with mental toughness, but demonstrating resilience includes working through emotional pain and suffering. Developing resilience is both complex and personal. It involves a combination of inner strengths and outer resources, and there isn't a universal formula for becoming more resilient.

In this inspirational keynote you will learn to:

- Understand the power of social support to get you through anything
- Exercise the ability to make and carry out realistic plans to help you play to your strengths and focus on achievable goals
- Build a positive sense of self-confidence in your strengths so you can stave off feelings of helplessness when confronted with adversity
- Activate your coping and problem-solving skills to help feel empowered when adversity strikes
- Manage potentially overwhelming emotions to maintain focus when overcoming a challenge

My life was abruptly altered in an instant when I was in a wicked car accident and my head hit the window. I had to re-learn a lot of things, including teaching my eyes to track so I could read fluently again. It took three long years of vision therapy, speech, occupational and physical therapies. But I did not give up and I can read again. In March 2021 I became a #1 International Bestselling Author. I truly don't give up. Ever.