



O'Grady Consulting

Great vibes. High Energy. Infectious motivation.



The Resilience Myth: Life Beyond Survival - Strategies for Success

In today's dynamic pursuit of personal and professional success, resilience is often misunderstood as merely bouncing back from adversity. However, true resilience extends far beyond survival—it's about thriving and achieving that success sustainably. In this engaging and insightful presentation, we debunk the resilience myth and delve into strategies that propel individuals and organizations towards enduring success. This session goes beyond survival instincts, we explore a practical approach to fortify your leadership skills, foster a resilient team, and build a workplace culture that not only survives challenges but flourishes in the face of them.

Key Takeaways

Leadership Redefined: Gain a fresh perspective on leadership, understanding how true resilience empowers leaders to navigate challenges and inspire their teams.

Cultivating Organizational Resilience: Discover strategies to embed resilience into your company's DNA, fostering an environment that thrives amidst change and uncertainty.

Sustainable Success Framework: Uncover a framework for sustainable success, equipping upper-level managers with the tools to lead their teams towards lasting achievements.

Strategies for a Thriving Culture: Learn how to foster a culture of resilience that attracts, retains, and motivates top talent, creating a workplace where success is not just a goal but a continuous journey.

Robin is a regular **presenter and educator** at conferences and facilities. She loves addressing an audience that includes:

- ✓ Companies that are struggling with their leadership culture and need to create more employee engagement
- ✓ Teams that are experiencing fatigue and a lack of motivation and productivity
- ✓ Fitness professionals looking to further their continuing education.

In addition to owning O'Grady Consulting, Robin is a **group fitness instructor, dance instructor** and **aerialist**. With her contagious energy and positive outlook, her sessions are pumped full of **uplifting** and **inspiring** stories, where people walk away with **revived vitality** and **heightened aspirations** to meet their goals.

In her free time, she enjoys dancing, group fitness, aerials, and doing handstands. She lives in Calgary, Alberta with her husband and two boys.

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