



Gregg Brown, MSc, CTDP, PMP

Resilience: The Art of Keeping It Together

There's no end to the multiple changes that happen at work. The impact of these changes can sidetrack your people and stall your organization. These days, people find it extremely challenging to keep up with change in their organizations given the relentless pressure to do more, faster and better.

No organization can afford the toll that the impact of change takes. How is it that some people seem to handle changes seemingly effortlessly? Were they born that way? And the rest of us just have to suffer along as best we can? Surprisingly, research has shown that resilience - the ability to bounce back from uncertainty, change, pressure and other stressors - can be learned.

If there's one coping mechanism everyone in your organization needs to master, chances are it's resilience during times of change. In this powerful, thought-provoking keynote, your team will learn how to acquire the critical tools needed to deal with multiple changes so that performance is sustained even in difficult times.

Who is Gregg Brown?

Gregg Brown is a captivating speaker, accomplished facilitator and expert in the fields of leadership, change, teamwork and adult learning. Gregg's decades of experience across diverse sectors such as health, criminal justice, non-for-profit, government and business informs his speaking with rich texture and insight.

Gregg has a special interest in brain science and change adaptation. His pragmatic focus on development that actually works is grounded in science, leavened by a wit and strengthened by his flair for telling it like it is. He helps listeners break out of a status quo thinking and find ideas they can actually put to use.

Gregg also helps organizations clarify their vision and purpose, helping them design development programs that support their goals. This wider perspective ensures that his workshops, retreats, seminars and presentations have strategic value for the organizations as well as personal value for the individual. Gregg holds a Master's Degree from the University of Leicester in the UK, with a focus on organizational psychology, leadership and performance.

Through this engaging keynote, Gregg will introduce you to:

- The five key attributes and the common mindset that characterizes highly resilient people.
- Tools that will teach each listener to become the "calm person in the boat" - taking charge of what they can control, learning to let go of what they can't.
- Strategies for being a positive force in the organization, helping "Lift" others around them and their personal power that confers.

Fantastic! Very thought provoking! Gregg has incredible energy and passion. Our team learned how to work more effectively together and be at our best during difficult times.

- BT, Session Participant