

The Brilliance of Resilience: Beat Burnout and Maintain Maximum Impact

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The burnout crisis is real, and the numbers are staggering. 23% of employees are chronically burned out, and 47% more are headed in that direction. So how do you keep providing high-impact team leadership when times are tough? You know, when everyone is already at full capacity and the project deadline moves up, increasing the workload. Or a key team member leaves and there's no one to fill the gap.

Answer: Be a strong, adaptable team leader that plans for challenge and cultivates resilient teams.

Resilience is the capacity to recover from difficulties. It's foundational to embracing growth and beating burnout in the face of challenge. This session teaches key skills to create psychologically safe spaces that support resilience in our teams and ourselves.

This open, honest, and funny program looks at how to embrace imperfection and choose resilience and growth over burnout and frustration. Participants will learn to:

- Explore personal relationships with challenge, resilience, and growth
- Generate powerful conversations that shatter stigmas around challenge and burnout
- Create psychologically safe spaces for those experiencing challenge
- Utilize tools and strategies to stop fighting and start growing from challenges