



RESILIENCE ALLIANCE

Speaking Engagements and Workshops



Dr. Linda Hoopes

Engaging

Linda Hoopes, founder of *Resilience Alliance* and *My Resilience Gym*, and author of *Managing Change with Personal Resilience*, has spent more than 20 years helping individuals and organizations build their change capability. She is passionate about helping people learn to thrive in turbulence.

Knowledgeable

Linda holds a Ph.D in Industrial/Organizational Psychology from the University of Tennessee. She was a founding member of Conner Partners, a strategy execution consulting firm, and has served on the faculties of several colleges and universities including Georgia Tech and Rutgers. Linda brings many influences to her work on change and resilience, including her experiences as a musician, a sailor, and a traveler, and a massage therapist.

Practical

Sample speaking engagement and workshop program topics include:

Managing Change with Personal Resilience: Thriving in Turbulence

Adapting to change takes mental, emotional, and physical energy. Resilience—the ability to absorb high levels of change while maintaining well-being and productivity—involves a set of characteristics that enable people to use their energy more effectively to deal with the ever-increasing pace of change. This presentation describes the challenge of change, introduces participants to the resilience characteristics, and helps them build action plans to increase resilience.

The World is Your Resilience Gym: Using Everyday Challenges to Build Change Muscles

Everyone faces challenges in life, ranging from small things like a flat tire to large things like the death of a loved one. There are predictable patterns in how people respond to adversity, and the way we respond to small setbacks is predictive of how we respond to significant problems. Humans possess a set of “change muscles” that can be strengthened. We can use unexpected things that occur in everyday life to prepare ourselves for larger challenges. This presentation inspires people to view the world as their “resilience gym” and identify ways to build their change muscles.

Leading with Resilience: Helping Your Team Respond More Effectively to Change

Leaders at all levels play an important role in modeling, reinforcing, coaching, and enabling the development of resilience at individual and team levels. To do so, they must first understand their own responses to change, their resilience strengths and development opportunities, and the most effective ways to foster resilience in others. This presentation helps leaders build more effective responses to change in themselves and their teams.

Building Resilient Organizations: Preparing for Endless Change

As the pace of change in organizations continues to increase, and as multiple, overlapping changes become the norm, leaders run the risk of overloading people with change-related disruption. There are actions organizations can take to prepare for “permanent white water,” including creating a culture that reinforces and supports resilience, managing the change portfolio, and building the organization’s change execution capability. This presentation helps people at all levels understand their role in building the organization’s readiness for change.

We can customize the length and focus of presentations to meet your needs, and can work with groups of any size as well as on-line audiences. Our team of experienced trainers, speakers, and coaches is ready to energize, educate, and engage your organization, association, or meeting.

Please contact info@resiliencealliance.com for more information.