

Powerful Keynotes and Workshops on...

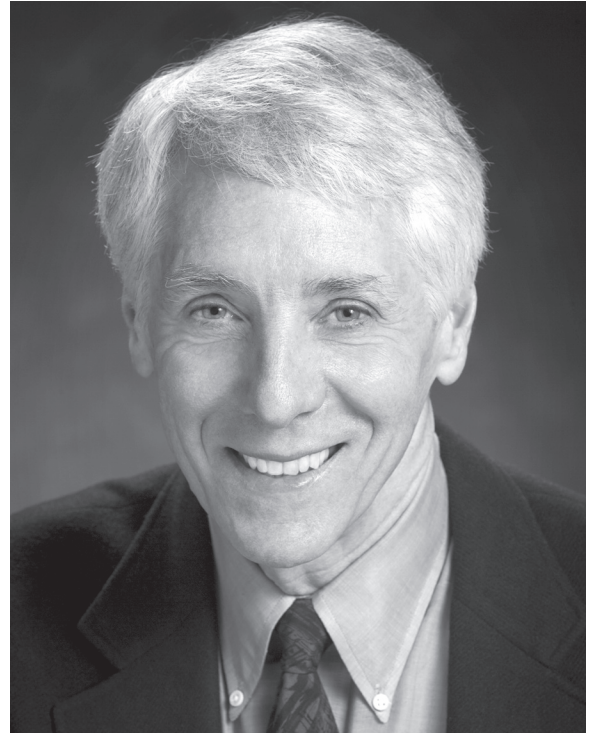
- **Resiliency: The Key to Surviving and Thriving in Nonstop Change**—Learn how to sustain health and good energy during constant change. Discover guidelines on how to adapt quickly to new developments, thrive under pressure, and bounce back from setbacks.
- **Leadership Skills for Increasing Workforce Resiliency**—Workforce resiliency is essential for organizational resiliency. Learn practical action guidelines for strengthening resiliency in yourself, your work teams, and your organization and improving morale and commitment.
- **The Resiliency Advantage**—Highly resilient people are best suited for a world of nonstop, disruptive change. Learn how to handle constant change easily, simply, and naturally using inborn resiliency strengths.

With Excellent Evaluations...

“Your keynote was outstanding; it was extremely well received by all participants at our conference. Thank you so much!”
Tom Kelley, SPHR, Vice President, IEC Group

“We appreciated your filling in when William Bridges cancelled at the last minute. Your professional expertise, humor, and delivery made the day valuable for us all.”
Barbara Moon, Associate Director, Oregon State University

“Your sessions receive outstanding ratings! You exceeded the average presenter in all three categories—quality, relevance, and presenter effectiveness.”
Skye Brainard, Director, New Manager Seminar, Arthur Anderson Training Center



Dr. Al Siebert is an internationally recognized expert on the inner nature of highly resilient survivors. His book *The Resiliency Advantage*, winner of the 2006 IPPY Award for best Self-Help book, is receiving outstanding reviews. He is quoted in many articles and has been interviewed on National Public Radio, *Oprah* and CNN.

Al is an ex-paratrooper with a PhD in psychology. He is Director of the Resiliency Center and has extensive experience working with groups undergoing extreme changes. He conducts seminars for many corporations and keynotes professional conferences. Participants praise his practical content, interactive style, and engaging humor.

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