

## Powerful Keynotes and Workshops on...

- **Resiliency: The Key to Surviving and Thriving in Healthcare Service**—Caregivers need to sustain health and good energy during constant change. Learn 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 in healthcare today. Learn practical action guidelines for strengthening resiliency in yourself and your work teams and improving morale.
- **Caregiver Resiliency: Strength from Within**—The most effective caregivers sustain their spirit while working with people in distress. Learn how to extend strength to others without taking on their pain or developing bystander PTSD.

## With Excellent Evaluations...

**“Your keynote at the EASNA international conference was outstanding. It was exactly what we needed to launch our new, proactive program for providing resiliency resources to employees.”**

Loiuse Hartley, PhD, President, Employee Assistance Society of North America

**“Thank you for your outstanding presentation at our institute.”**

Edward Collins, Jr., Associate Director, Association of Western Hospitals

**“Excellent workshop...good rapport with the audience, effective delivery, and good command of the subject.”**

Lynn McClenahan, LPC, CEAP, President, EAPA Columbia River Chapter



**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 agencies and keynotes professional conferences. Participants praise his practical content, interactive style, and engaging humor.

**Al Siebert, PhD**

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