

Powerful Keynotes and Workshops on...

- **Resiliency: An Essential Skill for Public Employees**—Public employees need to sustain good health and energy when required to get more work done in new ways with fewer people in less time with a reduced budget. Learn how to adapt quickly to new developments, thrive under pressure, and bounce back from setbacks.
- **Leadership Skills for Increasing Workforce Resiliency**—Public sector workforce resiliency is essential in today's world of nonstop change. Learn how to strengthen resiliency in yourself, your work teams, and your unit, department, or agency. Discover practical guidelines for improving morale, motivation, and employee pride.

With Excellent Evaluations...

“Congratulations! You were chosen to receive the governor’s award for External Trainer of the Year. You have great humanity and wisdom.”

Glen Fahs, PhD, State of Oregon Training Coordinator

“The written evaluations for your workshops on ‘Thriving in a High Pressure Workplace’ were consistently excellent. You have helped our managers make a difference.”

Nick Head, Employee and Workplace Intervention Analyst, US Postal Service

“I continue to get feedback from participants on how valuable your resiliency seminar was. Thank you for making me look good!”

Bruce Nolan, Director, US Treasury Executive Institute



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.

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