

Patricia Morgan

"Your resource for personal
and workplace resilience.
Patricia lightens your load and
brightens your outlook!"



Solutions
for Resilience
Woe to WOW

discouraged to	ENCOURAGED
distressed to	STRESS HARDY
overloaded to	COMPETENT
overwhelmed to	CHALLENGED
woe to	WOW!

"We laughed. We learned. We walked away with useful tools to pressure proof ourselves."

Joni Birch, Counsellor, Relationships Australia

"Her suggestions are realistic, provocative and easy to implement. Our participants left with smiles, feeling positive and revitalized."

Dr. Anita Mitzner, Alberta Health Services

"Patricia possesses the unique ability to address difficult topics with thoughtfulness and humor."

Pat Worthington, Director Human Resources, Rockyview School Division

"Patricia gave us a positive and fun spin on being more resilient at work, including leaving some worry behind."

Amy Oshanyk, ATB Financial MasterCard

"Patricia's keynote speech was greatly received by the group and the feedback to us was positive, with many of the participants commenting on Patricia's down to earth level of communication."

Joe Sheptak, Marketing Manager, Sysco

With a MA Psychology Patricia speaks to thousands of people each year, helping them strengthen their personal and workplace resilience. Audiences describe Patricia's message as meaningfully fun, surprisingly insightful and delightfully uplifting.

Patricia was honoured by Global TV and the YWCA as a Woman of Vision, and received the Spirit of CAPS Award for her *contribution to excellence in the speaking profession*.

She is also an author with eight books, including: *From Woe to WOW: How Resilient Women Succeed at Work, Love Her As She Is: Lessons from a Daughter Stolen by Addictions* and the Canadian Best Seller, *Frantic Free: 167 Ways to Calm Down and Lighten Up*.

Contact **Patricia** to increase morale, general well-being, and satisfaction at work and home.

Watch **Patricia** in action at www.SolutionsForResilience.com

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Presentations

for Conference Keynotes, Break Outs, Workshops and Staff Development

POPULAR KEYNOTES (30—75 minutes)

The Rubber Band Principle: Three Easy Ways To Strengthen Your **Resilience**

Too often we say “It’s too hard.” You can increase your bounce-ability and capacity to recover from change, mistakes, setbacks and stress at work and home. The Rubber Band Principle encourages you to Do Your Best—Let Go the Rest and help you easily improve your physical, mental, emotional and social well-being.

Sunny Side Up:

The Power of Joy at Work and Home

Too often we let petty and daily grumbles pull us down. The story of Bertha Honker will inspire you to increase your smiles, laughter, and joy factor. Join us for a session filled with appreciation and delightful surprises.

Wondrous (Western) Women:

Celebration of the **Resilient** Feminine

Women have stepped out of their girdles and done much. Learn how as a Canadian woman you are among heroes such as Nellie McClung. Join this session to speak well of yourself, count your blessings, and celebrate all that you do and are.

Ask about Patricia's other presentations



INTERNATIONAL
FEDERATION FOR
PROFESSIONAL
SPEAKERS

CAPS



Experts who speak professionally



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POPULAR Workshops (45 minutes—3 hours)

Woe to Wow: Solutions for **Resilience** at Work and Home

Alternate Title: **Help Build Resilience:**
The Strength to Cope and Succeed

Discover that *You're stronger than you think*. In this upbeat and practical session you will learn key ways to strengthen your stress hardiness and internal locus of control. Walk away with a strategy to better cope and succeed.

Pressure Proofing: How to Calm Down and Lighten Up Your Path to Personal Strength

Learn to minimize unnecessary stress. Discover how to better manage emotions, thought patterns and physical discomfort while increasing your fun factor.

7 Secrets of Recognition:

Communication that Builds
Workplace **Resilience**

Effective communication is the key to enhancing any relationship. Appropriate validation improves commitment, connection and satisfaction.

Minimize criticism, increase encouraging comments and be a workplace cheerleader.

The Lighter Side of Work:

Discover the Joy Factor at Work and Re-engage Your Team

It is a myth that seriousness is a healthy standard for the workplace. Learn light hearted strategies to improve creative problem solving, team work and client relationships.