

IN TIMES OF UNCERTAINTY, EMPOWER YOUR ORGANIZATION WITH THE SCIENCE OF RESILIENT OPTIMISM

A **WEBINAR** offering
from respected UPENN researcher
and bestselling author Michelle Gielan



Resilient Optimism: Strengthening a Mindset that Fuels Well-being Amid Uncertainty

COVID-19 has massively disrupted nearly every aspect of life, taking a huge toll on well-being. A majority of Americans report feeling more anxious, stressed, disconnected and uncertain than ever before. In this midst of these unprecedented times, **strengthening our ability to respond to challenges with resilient optimism has been shown to scientifically fuel well-being and happiness** to give us calm in the midst of the storm. Research from the fields of neuroscience and positive psychology shows the incredible ripple effect rational optimism can have on business, educational and health outcomes, including 31% greater productive energy, 37% higher sales, 40% higher likelihood of a promotion, 3x greater creativity, and a 23% decrease in symptoms resulting from stress.

Nationally recognized researcher and best-selling author Michelle Gielan will give you with practical, research-based tools to deal with uncertainty, stress and anxiety. Michelle has a deep history of working with organizations in the midst of change including HP after massive layoffs, AT&T as its stock plummeted, and a healthcare giant post multiple restructurings. She began her research on resilience more than a decade ago at UPENN during the Great Recession, and has since conducted numerous landmark studies identifying the major dimensions of one's response to stress that predict well-being and performance. Drawing from that work, Michelle presents a compelling, engaging science-based case showing that cultivating optimism and sharing that mindset with others is central to success. During her interactive 60 minute session, you will learn:

- How rational optimism makes you more adaptive in the midst of uncertainty and change
- What optimists do differently and effectively in times of crisis
- Why rational optimism significantly increases performance and success
- Researched strategies to stay informed about global disruption without suffering emotional consequences
- Ways to increase social connection in a time of social distancing
- A proven tool to inoculate your brain against stress and negativity
- Practical, researched 2-minute habits to retrain your brain to be more resilient in minutes



Michelle Gielan is the bestselling author of *Broadcasting Happiness: The Science of Igniting and Sustaining Positive Change* and was named one of the Top 10 authors on resilience by the *Harvard Business Review*. She is the founder of the Institute for Applied Positive Research and holds a Master of Applied Positive Psychology from the University of Pennsylvania.

Michelle served as anchor of The CBS Morning News during the Great Recession. Her research has received attention from dozens of media outlets including *The Washington Post*, *FORBES*, and *The New York Times*.