KEYNOTE

Resilience

Keeping Teams Steady Under Pressure

Resilience framework · the newest research

Keep performance steady when pressure rises. Eight research-backed strategies leaders can use the day after the event, from *Anxiety at Work*.

WHAT THE ROOM LEAVES WITH

01 Reduce Stress

Remove unnecessary stressors. Most of what wears a team down is not the work but a lack of clear priorities.

02 Navigate Uncertainty

Give teams confidence through change, even when the leader does not have all the answers.

03 Support Well-Being

Make it safe to name what people are feeling, so problems surface early instead of late and expensive.

04 Raise Performance

Resilient people stay steady and productive. This is first and foremost a performance framework.

WHY IT LANDS

Anxiety at work shows up as slower decisions, quieter meetings, and risks nobody flags. Leaders have far more influence over it than they believe, and none of it is clinical.

WHO IT IS FOR

Organizations going through restructuring, sustained change or heavy workloads, and leaders seeing burnout in their teams. Healthcare, financial services, technology and government audiences.

> *"His approach, blending strategy with practical tactics and supported by real-world case studies, earned participant buy-in and inspired our leaders to develop actionable plans."*
>
> NORTHERN REGIONAL MEDICAL COMMAND · U.S. ARMY

FORMATS & FIT

Keynote
60–90 minutes, in person, virtual or hybrid

Keynote + workshop
Followed by a working session with the leadership team

Multi-day
As a component of a longer leadership initiative

PLANNER ASSETS

chesterelton.com/meeting-planners

BOOKING

Christy Lawrence
christy@leadingspeakers.co