Thriving Leaders: Building Individual & Team Resilience to Combat Burnout & Stress

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Dr. Taryn Marie Stejskal

In today's high-pressure environment, leaders face relentless demands that can lead to burnout, stress, and exhaustion. Thriving Leaders empowers you to prioritize your own well-being while equipping you with tools to lead resilient, mentally healthy teams. Grounded in Dr. Taryn Marie Stejskal's The 5 Practices of Highly Resilient People™—Vulnerability, Productive Perseverance, Connection, Grati-osity, and Possibility—this immersive program helps you "bounce forward" through challenge and change. You will explore frameworks for fostering psychological safety, modeling vulnerability, and recognizing early signs of burnout. Through experiential learning, self-reflection, and real-time regulation techniques, you will gain strategies to strengthen both individual and team resilience. The program concludes with a personalized action plan to support sustainable performance, empathy, and engagement in everyday leadership while navigating the inevitable moments of change, disruption, and uncertainty.

This program will help leaders:

- Recognize signs of burnout, stress, and exhaustion in oneself and others.
- Apply The 5 Practices of Highly Resilient People™ to improve individual and team well-being.
- Design a resilience-focused leadership action plan to support psychological safety and sustained performance.

Competencies: Being Resilient, Builds Effective Teams, Demonstrates Self-Awareness, Drives Engagement, Instills Trust

Dr. Taryn Marie Stejskal is a globally recognized resilience expert and the Founder of the Resilience Leadership Institute. Named the #1 international expert on resilience by USA Today, her mission is to positively impact one billion lives through hope, health, and wellness. She is the author of the #1 Wall Street Journal bestseller The Five Practices of Highly Resilient People, endorsed by Arianna Huffington and Daniel Pink. A Marshall Goldsmith Top 100 Coach and Global Gurus Top 30 Thinker in Leadership, her work has been featured by Forbes, NBC News, Bloomberg, and more. Dr. Taryn Marie previously led executive leadership development at Nike and Cigna and holds a doctorate in psychology. Her TEDx Talk, "How Resilience Breaks Us Out of Our Vulnerability Cage," has over 1.3 million views. She hosts the top 1% podcast, Flourish or Fold, and advises leaders and teams on building resilience and thriving through change.