

Resiliency is the ability to bounce back from adversity with energy and wisdom. Resiliency is what separates elite executives from average ones. How well do you bounce?

Dr. John Schinnerer, a global expert on positive psychology and optimal human functioning, teaches the importance of resiliency, how to strengthen it and how your leaders can be more resilient now.

John Schinnerer knows your audience is desperate for new ways to lead and add value in a ridiculously crowded market. How can your people create a culture where resiliency thrives and fuels new innovation and sustainable excellent performance? The award-winning author of [*Guide To Self: The Beginner's Guide To Managing Emotion and Thought*](#) has the answers for you. John's moving and inspiring presentation will shake up your organization and teach your leaders:

- **How To Develop Resilient Employees**
- **The 10 Critical Elements to Resiliency**
- The **Ratio** for a Resilient, Productive Life
- The **Role of Thought and Emotion** in Resiliency
- **How to Speak to Yourself** When Things Go Wrong
- **The Keys to Letting Go of Anger and Grudges**
- **The Road to Resiliency:** The Process from Beginning to End



After helping hundreds of executives and managers through emotionally trying times, John created a framework for resiliency that radically elevates companies into top performance. His clients have included Kaiser Permanente, Bank of America, Sutter Health, McQuay International, UPS, and Schreiber Foods. As an in-demand expert, he has hosted his own daily radio show, has a top 3 blog on the web, and earned a Ph.D. in educational psychology from U.C. Berkeley. He has appeared on numerous radio and TV shows.

Book John Now! Call 925-944-3440

"Thank you again for your awesome contribution to increasing our employees' productivity, optimism and resiliency. We could not have done it without you, in our absurd timeframe, without your passion and enthusiasm."

- Frederick Giolitti, International Tax Attorney

"Dr. John is a brilliant and humorous presenter with a seemingly endless supply of techniques to help your company thrive. I whole-heartedly recommend him!"

- Linda Foss, VP at California Savings Bank

"Dr. John is, hands down, the best presenter we've had at our executive retreat. He blew us away."

- John Adiletti, Sr. VP CSE Insurance

"Thanks John...you rock! Daniel Goleman has nothing on you. Dr. John will make you laugh, cry, think, feel and learn. What's more, Dr. John will make you believe in yourself. And that's as important as it gets."

- Nelson Cooney, Private Investment Banker, Bank of America

"Your presentation was right on target. We have continued to have very positive feedback from employees who were inspired by what you presented, how you presented it and the obvious sincerity underlying the excellent points that you made. We would love to work with you again!"

- Don Thomas, President, Club Donatello

"The subject of this message does not go far enough in expressing our gratitude... It is not often that a speaker can strike a note in an individual's life that helps them in their job as well as in their family. Your presentation was one of those rare occurrences."

- Dave Kaufman, Board Member, Independent Insurance Agents of California

Other Popular Programs

The Optimal Leader: Tapping Human Potential

Realistic Optimism: The New Trait Underlying High Performance, Physical Health, and Good Morale.

Emotional Management: How to Tame the Wild Beast in Us All

Making the Most of Positive Psychology in the Corporate World

Best Ways to Defuse Stress: When Perception Becomes Reality

All presentations are individually tailored in terms of length, content and interactivity to fit your company's unique needs.

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