

Building Resilience & Mental Toughness in Times of Uncertainty

To book or for questions, contact kathy@brilliant-balance.com, 513-375-9394

Program Bio

Even the strongest among us can be tested in a sustained period of uncertainty. To build resilience and stay mentally strong, you'll need to learn and commit to a set of practices that will keep your head in the game, no matter what. In this session, Cherylanne Skolnicki, the founder of Brilliant Balance, will help you tap your potential to be what she calls a BUILDER. Using examples from sports, business, and marriage, she'll reframe what's possible and explain what it will take for you to achieve your dreams even when the going gets tough.

Attendees will learn:

- How self-doubt gets in the way of resilience
- Why the stories we tell ourselves aren't always helpful (or even accurate)
- What we can learn about mental toughness from elite athletes
- What a "no matter what" attitude can teach us
- Five practices we can all adopt to enhance our mental toughness and resilience
- What it takes to rewrite the ending of our own story



About Cherylanne

As the founder and CEO of Brilliant Balance, Cherylanne is the creative engine for the company; she is also a popular speaker, an advisor to corporate leaders, and a trusted coach to a roster of private clients.

An authority on well being, work-life balance, and human potential, Cherylanne equips professionals to get the most out of work and life through compelling content, comprehensive coaching programs, and a tightly knit community. She hosts the top-rated Brilliant Balance Podcast which reaches thousands of listeners each week with inspiring messages and practical advice.

Cherylanne lives in Cincinnati, Ohio with her husband John and their three children.

"Loved Cherylanne's energy & I felt like I was with her in person. She kept my attention at all times - it felt like she was talking right to me! Thank you for one of the best virtual speaking engagements I've attended!"

- Hewlett Packard Enterprise keynote attendee

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