

STRUGGLE WELL™

MY EXPERIMENTS WITH RESILIENCE

Success in life is learning how to Struggle Well.



Many people think that resilience is an innate trait of being so tough that you are impervious to stress, but the truth is that it is a skill that can be taught, learned, and practiced.

As we learn to struggle well we move from Vulnerability to Readiness, from Resistance to Adaptation, and from Exhaustion to Growth.

Building resilience starts by doing hard things that strengthen your body, mind, heart, soul, and social network.

KEY AUDIENCE TAKEAWAYS

- How to hack the neuroscience and physiology of resilience.
- How to perform optimally under stress by executing coping strategies.
- How to prepare for adversity by developing protective factors.
- How to recover by facilitating healing and adaptation.

KEY ORGANIZATIONAL BENEFITS

- Empower a workplace culture that embraces and thrives on challenges.
- Ensure critical projects succeed, unaffected by external stressors.
- Build agility and foresight within the organization for
- Foster a culture centered on continuous learning and adaptation.

Resilience can be taught. You can learn to Struggle Well.

What Clients Are Saying



Such a powerful silence in the room! Mark was able to capture all our 900 delegates' attention immediately.

Jérémie Edmond

Director General – Real Property and Environment at Natural Resources Canada /
Co-Chair – Real Property Institute of Canada's 2023 National Workshop



Mark's keynote presentation breaks down leadership to its fundamental core through telling a compelling and captivating story.

Barry Doucette
CEO, Orangutech



Clients Include





Mark
Gasparotto

Let's Keep The Conversation Going

Interested in collaborating with Mark on upcoming live events, or future speaking opportunities? Get in touch.

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