

## KEYNOTES/WORKSHOPS

### RESILIENCY 2.0

APPLYING "DESIGN THINKING"  
AND THE  
LATEST NEUROSCIENCE

- ▶ TO REDUCE STRESS
- ▶ TO RECOVER FROM STRESS
- ▶ TO REFRAME STRESS

#### Resiliency = Anti-Fragile

Humans are naturally resilient beings, but what causes some to rise to repeated challenges, and others to shrink? Explore a new model of resiliency based on modern neuroscience. Learn how to design proactive challenges to build capacity for ever-greater performance under increasing pressure and adversity. Understand how focusing on strengths, mindfulness and gamification can create increased capacity to perform at higher levels under greater pressure.

This program reframes standard operating procedures into new challenges.

[Watch video here.](#)

#### Standard Operating Procedure

1. How can I slow things down?
2. How can I manage stress to regain work/life balance?
3. How can I reduce stress to perform better?

#### Reframed Challenge

1. It will never be this slow again...
2. How can I increase my resiliency?
3. How do I perform better under increased stress (and learn to like it?)

By pursuing a resilient life, using the 3R's: "Reduce, Recover and Reframe" method, we can fundamentally change our relationship with stress. The program includes science-backed data, entertaining real life stories, introspective self-analysis, and optionally, personal roadmap planning and development.

**Length:** minimum 30 minutes for a keynote, up to 1 full day for a workshop.

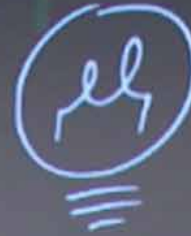
#### This program is particularly well-suited for:

- All-hands meetings or retreats where an employer desires to increase employee engagement by encouraging personal development in and beyond the workplace.
- Association meetings, where the members are ready to take a break from industry-specific or technical presentations and learn new methods to be productive under even greater pressure and speed.
- High-achieving, time-starved professionals seeking to increase resiliency and productivity in their work and lives.

Read more than 75 raving reviews about John on [LinkedIn](#).

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## RESILIENCY 2.0 APPLYING "DESIGN THINKING" AND NEUROSCIENCE TO REDUCE, RECOVER FROM AND REFRAME STRESS

### John K. Coyle Speaker Credentials



**As one of the world's leading experts in "Design Thinking" and innovation,** John K. Coyle is a sought-after speaker who presents for Fortune 100 companies, Universities, TEDx stages and multiple international conferences. He also happens to have an Olympic Medal for Speedskating.

John is the CEO and Founder of Speaking Design Thinking, and the host and trainer of the Design Thinking Academy online executive education series. He is the best-selling author of *Design For Strengths: Applying Design Thinking to Individual and Team Strengths* (2018) and *The Art of Really Living Manifesto* (2016).

A graduate of Stanford University's Product Design program and The Kellogg Graduate School of Management, John is an NBC sports analyst who lectures and teaches innovation courses at Marquette, Northwestern and CEDIM University Graduate School in Mexico. Prior to his current roles, John was the senior executive in charge of innovation at a Fortune 500 telecom company, and Senior Vice President at an Innovation Consulting Firm.

Known as #TheTimeGuy, John is a thought leader in the field of chronoception—the study of how humans process time. His mission is to innovate the human experience. He helps people understand the neuroscience and psychology of time perception and design experiences that expand our relationship with time, leading to the endless summers of our youth.

John offers the intellectual and analytical background of a professor coupled with the inspired emotional storytelling of a champion athlete. People leave John's experiential learning sessions empowered and motivated to make significant, positive changes in their business and personal lives. See more than 75 raving reviews on [LinkedIn](#).

### Tools For Event Planners

- Working with John is easy. His Executive Manager, Monica Goebel, will facilitate all the details, such as bios, handouts, program descriptions, contracts, invoices, AV requirements and script for podium introduction.
- John will work closely with your leadership team to customize his program to meet your organizational culture, event theme and other unique requirements.
- John will bring his Olympic Silver Medal to your event for attendees to examine and photograph.
- As needed, John will participate in panel discussions, book signings, photo sessions, meals, receptions, and other group activities.
- John's books are available for discounted bulk purchase.



### Add-Ons

**Turning Points Exercise:** Self discovery and analysis activity to identify patterns of resiliency from key life "turning points," and to identify personal tools and strengths to draw upon in emerging times of challenge.

**Mindfulness Primer and Exercise:** An examination and illumination of mindfulness from a brain science perspective, along with a practice session.

**For Leaders and Rising Stars:** The John K. Coyle Design Thinking Academy is a virtual executive education platform. John's flagship course, the [Innovation Leadership Development Series](#) expands on his message of resiliency and other mindsets and tools needed to lead innovation. The Academy allows organizations to spread the knowledge wide and deep at times and locations convenient for your team. It can be combined with an in-person keynote or workshop with John, or delivered as a stand-alone program. The Academy includes videos, reinforcement tools and coaching to take your business to the next level.