

# Dr. Tasha Eurich

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## BECOMING SHATTERPROOF: How to Thrive in a World of Constant Chaos

**Key Themes:** Resilience alone isn't enough to thrive in today's disruptive world; a fresh roadmap to harness change and challenge to feel better, do better, and live better than ever before.

### Keynote Overview

In today's unpredictable world, stress seems to lurk around every corner. More and more of us insist that we're "fine" while silently struggling under unrelenting demands.

We are told to "bounce back" and stay resilient, but this cycle of recovery leaves us treading water, drained and stagnant. The truth? Resilience helps us survive constant chaos, but it isn't enough to thrive through it.

In this compelling keynote, *New York Times* bestselling author Dr. Tasha Eurich debunks popular myths about resilience, showing why "powering through" keeps us stuck. With insights from her five-year research program, plus a health crisis that almost took her life, she offers a bold new path—using setbacks as fuel to become truly shatterproof. This talk is an urgent guide for transforming challenges into lasting growth, advantage, and peace for individuals, teams, and communities alike.

### Participants Will Walk Away With...

- An understanding of the hidden risks of resilience, including why resilience can fail us and a list of resilience "dos and don'ts."
- A fresh, four-step roadmap to transform setbacks into meaningful growth, lasting advantage, and future readiness.
- Practical tools to reduce reactivity, break self-limiting patterns, and find new courage, adaptability, and effectiveness.

### Ideal Audiences

- Professionals facing high-stakes, fast-paced, or disruptive environments
- Employees navigating hyper-growth, transformation, or turnarounds
- Anyone experiencing career or life transitions (or people who help others through them)

