

Dr. Tasha Eurich

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SHATTERPROOF WOMEN: A New Path to Peace, Power, and Purpose

Key Themes: Resilience fails to address the deeper costs of constantly “powering through”; how women can move beyond mere survival to discover new energy, confidence, and success.

Keynote Overview

Women today face endless demands while striving to keep everything together. We can present a calm exterior while feeling exhausted and on edge, wondering when (or if) we’ll feel like ourselves again. Resilience is often seen as the solution, but the pressure to “bounce back” brings unique burdens, forcing us to ignore the toll on our needs and well-being. Resilience can certainly help us survive, but it has its limits. What if there was a second skill set to move past survival to find new growth, authenticity, and agency?

In this compassionate, empowering talk, *New York Times* bestselling author Dr. Tasha Eurich challenges the belief that simply “powering through” is enough. Drawing on five years of research and her own vulnerable journey, she shows how resilience gets us stuck in survival mode, blocking true peace and strength. Through stories of women who became “shatterproof,” Dr. Eurich reveals how to harness tough moments to fuel transformation, calling women to reclaim who they are at their best.

Participants Will Walk Away With...

- A fresh perspective on resilience, and how “grit gaslighting” and “hitting our resilience ceiling” leave women exhausted and stuck.
- A simple, research-backed process to turn setbacks into strength and find new ways to meet their needs.
- Tools to set healthy boundaries, overcome self-doubt, and pivot with power.

Ideal Audiences

- Women navigating leadership or high-stakes roles
- Women facing constant demands across multiple spheres of life (work, parenting, marriage, health, etc.)
- Female professionals balancing multiple responsibilities, burnout, or career transitions
- Women in organizations that are looking to cultivate a thriving workforce.

