

# RESILICENY

## The Secret Sauce to Bouncing Back Quickly During Crisis

We are in a time of uncertainty. Chaos keeps knocking at our door. Crisis after crisis has happened. If chaos will always be going on around us, how do we brave the storm within us?

In this talk, Darla shares the secret sauce to bouncing back quickly during times of crisis. It is resiliency. Resiliency is the key to finding peace amongst the pieces and learning to go inward for the answers, instead of outward.

## LENGTH OF TALKS AVAILABLE



Keynote  
45- to 60- mins



Breakout  
45- to 75- mins



Workshop  
3- to 4- hours

## WHAT WE'LL UNCOVER TOGETHER

- Uncover the 3 simple steps to ignite your Resiliency Journey
- Explore different elements of decision-making and how to make empowered decisions for yourself
- Craft an action plan to step out chaos and into clarity

*“Darla lights up the stage and the room. I was absolutely moved by her story. I hope I have the strength and character to handle any challenges as well as Darla. What an inspiring story!”*

*-Amber Griffiths, Brand Strategist & Speaker*