

Rising, Resilience and Realignment - Blossoming through Any Challenge

David Chametzky

Independent Speaker/Author/Mentor – On the Path NY LLC

Summary

- Life doesn't always go as planned
- Change often is thrust upon us
- Finding the right resources to prepare for the unplanned
- Making quicker decisions by thinking slower
- Using our bodies to reset our minds

Acknowledgements

My talk will discuss how we manage the challenges that come at us in both our career and life. As we have learned in the past two years the thing we said couldn't happen but do. You can choose many ways to learn how to thrive out of our challenges. Knowing the things we know and learning how to build resilience through any situation. When a stronger baseline is created we are able to realign ourselves in all areas of our lives for growth. Knowing ourselves the best and how to optimize our minds, bodies and forward thinking really makes huge shifts within our environments wherever we are. The take away for everyone from my presentation is to have some self-directed tools that are science driven for the rest of their lives.