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**Nike's Former Head of Executive Leadership Development; Resilience Leadership**

<http://www.kmprod.com/speakers/dr-taryn-stejskal>

## Bio

Dr. Taryn Marie Stejskal (pronounced 'stay-skull') is a leading global authority on resilience, well-being, and mental health. Previously the head of executive leadership development and talent strategy at Nike, she is now the founder and chief resilience officer of the Resilience Leadership Institute, where she is a trusted advisor for executives, athletes, and leaders across industries. She believes resiliency is the key to individual and organizational actualization and acceleration, and shows audiences how to harness it to fuel performance.

Leveraging more than 15 years of original research on resilience, Stejskal developed the empirically based framework “The Five Practices of Particularly Resilient People” to make resilience accessible to all. Her ground-breaking work has been showcased in publications such as *Forbes*, Ariana Huffington’s *Thrive Global*, *Ladders*, and *LA Progressive*, as well as television broadcasts and applications Happify, eMindful, and Powerful Universe. It also led her to becoming a Marshall Goldsmith Top 100 coach.

- Author of the highly anticipated book *Flourish or Fold: The Five Practices of Particularly Resilient People*

- Lead, Nike's Global Executive Leadership Development Strategy
- Former Head, Cigna's Leadership Development & Executive Programs
- Doctorate degree, University of Maryland, College Park
- Neuropsychology Fellow with the National Institute of Disability and Rehabilitation Research (NIDRR), Virginia Commonwealth University Medical Center

Stejskal is also the co-founder of Resilience Element 75, which is focused on making resiliency accessible internationally through film and wearable technology. She is the author of the forthcoming book *Flourish or Fold: The Five Practices of Particularly Resilient People*, and will be featured in season two of the acclaimed series, *The Social Movement: Four Days to Save the World*, as well as the documentary, *Breaking Free*.

With an undergraduate degree in psychology and a master's in marriage and family therapy, Stejskal completed pre- and post-doctoral fellowships in neuropsychology at Virginia Commonwealth Medical University. She also serves as an ambassador for the African Community and Conservation Foundation.

### **What is resilience leadership?**

Resilience Leadership (RL) is about supporting people in recognizing their worth and value, believing in themselves, appreciating their inherent strengths, recognizing their skills and talents, and being more resilient in order to reach their full potential. When we are operating from a place of full potential, we have the greatest capacity to positively impact our world.

Dr. Taryn Stejskal is one of the leading authorities on Resilience Leadership. Nike named her the head of their global leadership training and her work is resonating throughout the Fortune 500. As she describes it, "We are a world in which our human experience is defined by facing challenge, change, and complexity on an order of magnitude to which prior generations have not been exposed. The concept of resilience is built on the very ideology that we have the capacity to face hard things: trauma, loss, misfortune, and the like, and come out on the other side; not diminished, but instead, enhanced."

### **Topics**

**Flourish or Fold: The Five Practices of Particularly Resilient People** [\[morelink\]](#)

**The (Not-So-Surprising) Link Between Resilience, Innovation & Creativity**

[morelink]

## **Resilience & Mental Health** [morelink]

**The New Rules of Resilience:** Thriving in an Uncertain & Virtual World  
[morelink]

## **Women, Wellness & Worthiness** [morelink]

For more information, Dr. Taryn Stejskal's speaking schedule, [speakingfees](#), and [booking Dr. Taryn Marie Stejskal, contact us](#). Very **SERIOUS** booking-related inquiries only.