

2020: Cultivating Resilience Skills in Disruptive Times

Even before this global disruption wreaked havoc on all our lives, Eileen McDargh has been studying, writing and speaking on the topic of resiliency and burnout ... a topic area that has fascinated her for decades.

She serves as a master facilitator, speaker and a consultant to organizations that run from school districts to global pharmaceuticals, from financial institutions to the U.S. Armed Forces, from software companies to college administrators. She's also been a classroom educator, teaching in a rural community everyone from pre-school to adults.

In 2020, the British research firm, Global Gurus, conducted a survey of some 22,000 business professionals and subsequently ranked her in the top five in the top 30 communication experts worldwide. Whether before audiences of 50 or 15,000, she brings much to think about, talk about and yes—even laugh about.

She's a triathlete—excelling in **running**--- (pause) ... after kids,

Swimming... (pause_) with corporate sharks----

and **biking** (pause) ... on a stationary bike –

She never learned to skateboard, never made it as a cheerleader, and flunked college tennis PE class while the girl with the broken leg got an A. There is no justice!!!

Please welcome, the author of seven books -- a lover of all things DARK Chocolate, from Dana Point, California Eileen McDargh. (MAC DARRR)