



KEYNOTE

# Building resilience.

**When you are performing under pressure, there is an additional layer of skills required to be effective. Over the long term, success (and satisfaction) in high pressure situations hinges not just on your skills and knowledge, but also on your ability to recover, remain focused, and show up motivated every day; in other words, your ability to be resilient.**

Resilience skills can be learned, practiced and mastered. High performers in both business and sport know this and apply this knowledge on a daily basis.



## ABOUT THE PRESENTER

**Dane Jensen is a furious cross-pollinator between the podium and the boardroom. As CEO of Third Factor, he works every day to enhance Canada's business and athletic competitiveness through better strategy and stronger leadership.**

His clients include CIBC, WestJet, University Health Network, the Canadian Paralympic Committee, the Canadian Sport Institute Ontario, and Right To Play. He has worked as an advisor to Senior Executives in 23 countries on 6 continents, he contributes regularly to The Globe and Mail on the topics of strategy and leadership, and was previously an Associate Partner at the strategy consultancy Monitor Deloitte.

[THIRDFACTOR.COM/DANE-JENSEN](http://THIRDFACTOR.COM/DANE-JENSEN)



## THE 'MENTAL FITNESS' TOOLKIT FOR PERSONAL RESILIENCE

Based on Third Factor's wealth of experience with Olympic and Paralympic athletes and high performers across business, Government, academia and the not-for-profit sectors, this keynote teaches practical resilience techniques that allow people to not just survive, but thrive, under pressure.

Rooted in the Inside Edge model for resilience shown at left, participants are taught a practical set of five core skills that they can use to respond and recover in the face of set-backs or unsteadiness, and to access all of their capabilities when in high pressure situations.

The skills presented are reinforced with both interactive practice and with memorable stories that give an insider's look 'behind the curtain' at the Olympic Games but are always brought home with practical stories of application rooted in the day-to-day realities of all of us.

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## PARTICIPANTS WILL LEARN HOW TO:

- Become more mindful and aware of the choices they have under pressure.
- Carry more energy through the week by reducing wasted energy and improving their ability to recover.
- Choose the perspective and mental 'game film' that support their ability to be at their best