

## Program Description

Resiliency/Mental Health/Brain Health/Psychology/Transformation/Inspiration/Empowerment

# Resiliency & Bounce Back in an Age of Overwhelm & Uncertainty

In early 2020, Jeff Davis went through a severe burnout, which required hospital treatments. For several months, he was literally crawling around his apartment, as he couldn't stand up. During this time is when Jeff went deep within his psyche and began healing from more than three decades of chronic, intergenerational trauma and complex abuse. Jeff knows what it's like to be stuck in life for years on end, with seemingly no way out. He also knows what it's like to heal and thrive, and he'd like to show you how to do the same. Described by many police officers and lawyers as the most helpful presentation they've ever experienced, in this program Jeff shares how to achieve and maintain long-lasting resilience.

Audience takeaways include:

- What to do when you're at rock bottom and in survival mode.
- A new and more practical definition to resilience.
- Four key insights Jeff learned from his burnout and burnout recovery process.
- The role trauma plays in hurting our resiliency and how to heal from trauma.

This program goes deep into trauma – the difference between suffering and trauma, consequences of trauma, and the details of the healing process. This includes the nuances that are often left out. By vocalizing these pain points and addressing root causes, this process shows the way forward from what has been holding us back. This is the next step you've been looking for.

**Value to Participants:** This program has massive value because of the long-lasting benefits. Participants will benefit from increased resilience in multiple areas of their lives. They'll understand how to get help and what changes can be made daily. They'll have significantly more hope and will be given a specific methodology to get from where they are to where they'd like to be. Also, there is a lot of value regarding burnout prevention and recovery. According to Deloitte, 77% of people have experienced burnout in their current job, and this program addresses and solves this crisis.

**Biography:** Jeff Davis, Professional Speaker, Award-Winning Author, Mental Health Advocate & Resiliency Expert – is Chairman and CEO of Jeff Davis International, based in Tampa Bay, Florida. Jeff graduated from McDaniel College with high honors. He went on to receive his Master's degree from Johns Hopkins University and has worked for companies across multiple continents. Jeff's talks are transformational, motivational, inspiring, and filled with relevant content – he uses his experiences and other people's experiences of overcoming severe abuse, coupled with insightful research, to show that nearly anyone can heal. Jeff frequently appears on the world's top podcasts. He's also a TEDx speaker and Forbes contributor. He looks forward to working with you and your group.