



DR. RENEE EXELBERT
PSYCHOLOGIST & ELITE PERSONAL TRAINER

The Kaleidoscope of Adversity: How to Change Your Mindset While Developing Resiliency

Shifting your mindset is the pathway to building lasting resilience. In challenging times, it's not just what happens to us - but how we think about it and respond to it - that determines our strength. Through powerful stories, science-backed strategies and Visual Emotional Kinetics® - the integration of positive thoughts, visualizations and movement, this talk helps audiences to reframe adversity, embrace growth and cultivate a mindset that fosters perseverance, adaptability and meaning. Similar to when the kaleidoscope is shaken, we learn to see something new and beautiful after experiencing obstacles.

What you can expect:

When it comes to thriving through adversity, Renee not only shares science-backed strategies, but shows through her own personal story how she learned to leverage mental and physical resilience and how others can do the same. Renee teaches how you can not only overcome adversity, but also learn to thrive. When we start looking at our challenges and struggles through a different lens, we can walk away with a new perspective and a deeper sense of meaning and purpose.

Who can benefit from this keynote:

- Organizations going through challenges or transformation (burnout; layoffs;) who want to foster a culture of flexibility and psychological safety
- Organizations who want to help their people become more resilient so they can thrive through obstacles
- Organizations who see the benefit of investing in their people to help them reach their greatest human potential

What will the audience take away?

- They will learn science-backed techniques to improve their mindset, process change, rebuild self-confidence and optimize resiliency when faced with challenges
- They will learn how to leverage mind-body strategies to overcome adversity and develop resilience
- They will learn to integrate critical aspects of themselves into a new identity
- They will learn to see adversity as an opportunity for growth and deeper meaning