

# TURNING STRESS INTO SUCCESS: STRATEGIES FOR STRENGTHENING RESILIENCE IN TEAMS AND LIFE

**Life is unpredictable, and sometimes we find ourselves facing challenges that test our strength and resilience.**

Join Dr. Mike Drayton for a workshop that draws inspiration from the incredible story of Viktor Frankl, a Holocaust survivor and renowned psychologist. Combining the wisdom of Frankl's existential approach, cognitive behaviour therapy, and Nassim Nicholas Taleb's Antifragile theory, this presentation will equip you with the tools to conquer stress and flourish in the face of adversity.

Explore Viktor Frankl's insights gleaned from surviving the Holocaust, revealing the significance of finding meaning and purpose in your work. Delve into cognitive behaviour therapy, learning to reshape the narratives you tell yourself.

Uncover the principles of Antifragile theory to better understand and overcome stress.

Empower yourself to transform the way you perceive stress, discover how to find meaning and purpose in your work, and cultivate a resilient mindset to thrive in challenging situations.

Don't miss this opportunity to learn valuable lessons in resilience from Viktor Frankl's inspiring legacy and strengthen your ability to navigate adversity with Dr. Mike Drayton.



Dr Mike Drayton is an executive coach and business psychology expert who can enhance leadership skills and advance careers by boosting creativity, decisiveness, and resilience.

He speaks about applying psychology to leadership and has written three books that provides practical strategies based on scientific research to prevent burnout and enhance performance in organisations.



# TAKEAWAYS

1. Gain valuable skills in cognitive behaviour therapy, empowering you to identify and change unhelpful thought patterns and beliefs that may be holding you back.
2. Learn how to cultivate a resilient mindset, enabling you to bounce back from setbacks more quickly and effectively.
3. Antifragility in action: Apply the principles of Antifragile theory to your life, enabling you to not only withstand but benefit from stress and uncertainty.
4. Empowered sense of purpose: Discover the importance of finding meaning in your work and daily life, inspired by Viktor Frankl's experiences and existential philosophy.

## WHO IS IT FOR?

This keynote or workshop is tailored for a general business audience, with a focus on leaders and managers.

## HOW CAN IT BE DELIVERED?

This topic can be delivered in various formats such as a keynote, full or half-day workshop, or a team away-day or offsite.



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& Executive Coach**



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