



## How Employers and other Organizations Can Tap into Resilience to Cope with Traumatic Events

**November 7, 2017**  
**12:00 - 1:00 PM ET**

Join Andrew Shatté, Ph.D., chief science officer and co-founder of meQuilibrium, the clinically-validated resilience platform, for a webinar on the power of resilience in times of disaster and trauma.

Discover:

- How trauma affects our wellbeing, belief system and sense of control
- Concrete ways to boost mental healing, reframe thinking and reconnect with values
- How boosting resilience can help to prepare for an uncertain future

Learn:

- Actionable ways an organization can help their employees navigate trauma and its aftermath
- The perspectives of two Coalition Directors who had first-hand experience with the recent hurricane disasters in Texas and Florida.

**Register Now!**



### Speaker: Andrew Shatté

*Chief Science Officer & Co-Founder*

Andrew J. Shatté Ph.D. is a co-founder of meQuilibrium and serves as its Chief Science Officer. He is a fellow at the Brookings Institution's Center for Executive Education, a former professor of psychology at the University of Pennsylvania and currently on the faculty of the College of Medicine at the University of Arizona. He has published prolifically in peer-reviewed journals and is the author of *The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles* and meQuilibrium *14 Days to Cooler, Calmer and Happier*. Shatté has trained hundreds of thousands of professionals over the past two decades to build their own resilience and coping skills, with demonstrated success in bringing about long-term change in productivity and performance. He completed his undergraduate education in his native Australia, and completed his Ph.D. in psychology at the University of Pennsylvania, where he worked on the first programs in positive psychology. A highly acclaimed teacher and TED presenter, Shatté is a sought-after speaker.

*The following coalition directors will be offering their perspectives.*



**Karen van Cautel**  
President & CEO  
Florida Health Care Coalition



**Chris Skisak**  
Executive Director  
Houston Business Coalition on Health

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