



ALISON EARL



# response *ability*

## BOOST RESILIENCE & MENTAL TOUGHNESS TO THRIVE WITH CHANGE

Develop a mindset that thrives with the stress of change, uncertainty and the pressure to perform by improving our ABILITY to respond.

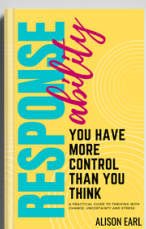
### TALKING POINTS

- The impact of change and uncertainty on the human experience in the workplace
- How you have more control than you think
- Why Change Mindset matters more than Change Management to succeed as the future becomes more uncertain and change more constant
- Learn how to transform stress into a powerful driver of performance, connection and growth
- Gain a new approach to stress management when stress reduction isn't an option
- Practical strategies to boost resilience and mental toughness

### STYLE

- Highly energetic and positive framing of challenges and solutions
- Balance of INSPIRATIONAL ideas and ACTIONABLE tools
- Real world stories to add personal meaning to the main points
- Uses humor to illuminate self-sabotage and other unspoken truths
- Multi-media presentation to add theatre and engagement

change • resilience • mindset



coming  
SOON

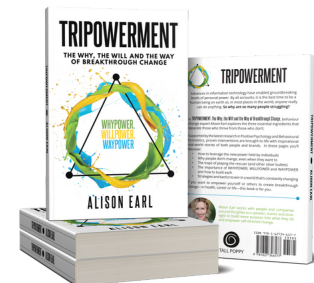


Alison Earl is a **mindset and resilience expert** with a core focus on empowering people to take control of their own experience of change, uncertainty and stress, and ultimately, to thrive.

A bit of background...

- For over 15 years, she has studied human behaviour and motivation;
- She is a repeat guest lecturer in Behavioural Economics at the Harvard School of Public Health;
- A Positive Psychology Practitioner;
- Helped build new business from the ground up in Sydney, London and New York; and
- Has worked with people and companies in over 20 countries.

Her latest book **Tripowerment: The why, the will and the way of breakthrough change** highlights the three essential ingredients that separate those who thrive... from those who don't.





**"Her keynote was widely regarded by attendees as THE standout session of the conference"**

AMSRO Managing Director

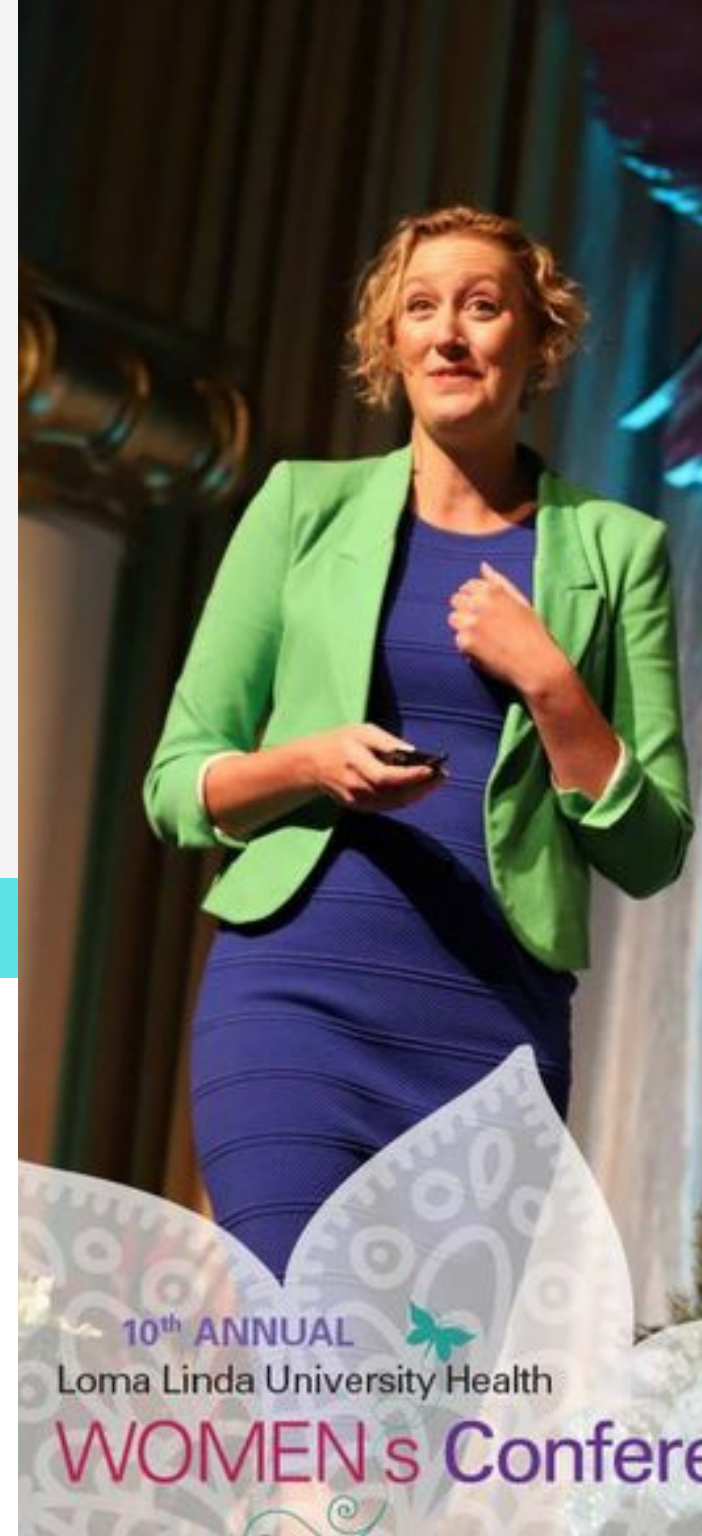
**"Alison is one of the most motivating speakers, facilitators and thoughts leaders that I have ever encountered in my career. Her ability to engage and involve a diverse group of people and connect them to the topic is unsurpassed. ... When Alison is in the room sparks fly, ideas are nurtured and people are connected."**

CEO BurnsGroup

**"Alison is an inspiring, skillful and engaging speaker. ... I would say she has a natural gift for connecting with her audience."**

Harvard School of Public Health

*inspired* **by alison.**



10<sup>th</sup> ANNUAL  
Loma Linda University Health  
**WOMEN's Conference**

**Advances in information technology  
have unlocked groundbreaking levels  
of personal power.**

**So why are so many people**  
*struggling?*

In *Tripowerment: The Why, the Will and the Way of Breakthrough Change*, behaviour change expert Alison Earl explores the three essential ingredients that separate those who thrive from those who don't.

Supported by the latest research in Positive Psychology and Behavioural Economics, proven interventions are brought to life with inspirational real-world stories of both people and brands.

In these pages you'll discover:

- How to leverage the new power held by individuals
- Why people don't change, even when they want to
- The traps of playing the rescuer (and other silver bullets)
- The importance of WHYPOWER, WILLPOWER and WAYPOWER and how to build each
- Strategies and tactics to win in a world that's constantly changing

If you want to empower yourself or others to create breakthrough change - in health, career or life - this book is for you.