

International Conference on

Fostering Human Resilience

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“I’m not dead yet”: And other reasons why I get up in the morning!

Resilience should not be personalized, except when it is. When an individual faces an obstacle, the natural inclination is to resist the force of change that is being exerted against their status quo of emotional fortitude. In other words, they dig their heels in deeper and refuse to budge. Regardless of the obvious benefits of bending, accepting, or simply acknowledging change, most people are strongly resistant to doing so. That begs the question, “Why?” Experience answers it simply, “As frightening as the current situation may be, the unknown could be worse.” By fear and default, people choose to stay stuck and the personal, societal, educational, and community impacts are horrendous. What would happen to our systems if we enabled individuals to recognize, channel, and utilize their inner wells of personal resilience? How would a well equipped population behave, engage, and expand business, communities and educational systems if every member was privy to the protection of their own “Personal Armor” that allowed them to become resilient against the fear of intra-personal retaliation? The potential for change is unlimited. In this humorous address, she weaves a 25 year professional career in social services, education, leadership, and psychology with a lifetime of personal (often traumatic) events. Her recognition and development of her own “Personal Armor” has propelled her to break free of the chains of internal resistance. Motivated simply as a “Helper”, she has developed a research and real world based teaching, coaching, and counseling strategy that identifies an individual’s strengths, fears, and internal dialogues. Her goal is simple: To empower individuals with a shiny set of “Personal Armor” to face each challenge with humor, grace, dignity, and peace.

Biography

Heidi L Maston is an internationally recognized distributed education and communications expert with a strong history and solid reputation for innovative leadership, integrity based outcomes, and an unprecedented ability to meet people where they are and champion their way to their desired outcomes. She draws on her vast professional and personal experiences in her duties as a Keynote Speaker, Presenter, Researcher, Author, Coach, Instructor, Graduate Program Developer, Course Designer, and Consultant. She is a strategic visionary who has combined 25+ years of experience in social service and education to create a strong worldview of cultural diversity enhanced with compassion, tangible achievement, and a comprehensive understanding of the issues in today’s teaching, training, and personal development environments.

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