

## Michael Licenblat – Introduction

Does it feel like we are constantly under greater pressure to deliver more with less in shorter timeframes?

Have you felt that the pace of life, the rate of change, and the speed of technology is only getting faster?

Do you sometimes feel stretched thin just **getting the job done**?

That's what today's session is all about!

Our next speaker is a **resilience expert** who grew up working in the family businesses - so he understands that success often comes to those who can ride the bumps, get up and keep going.

He was one of the pioneers in a challenging industry, setting up his own natural therapies practice. Despite dealing with constant rejection, refusals and knockbacks, he turned it into an incredibly successful business.

He has dedicated the last 30 years studying the secrets of resilience and what it takes to thrive under pressure. He has worked with hundreds of companies such as ColesMyer, Toyota & NASA to share that message.

Michael is the author of the book *Pressure Proof* and today he will share how **you can bounce back fast and stay on the top of your game** by drawing on his unique blended background in Business, Psychology, **and over 35 years of Martial Arts experience ...so don't upset him!**

So, please help me welcome, Michael Licenblat