



# Awaken Resilience

BUILD A CULTURE OF CARE  
TO CREATE GROWTH IN A WORLD OF CHAOS

People want more purpose-driven work with an increased sense of belonging, connection, and value alignment.

Dr. Tamara Yakaboski uses her signature model **Awaken Resilience** to help leaders and their teams move from isolation to belonging, fear to hope, and toxic productivity to purposeful action.

## Tamara Yakaboski, PhD

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Tamara Yakaboski, PhD is an international speaker, leadership mentor, organizational consultant, and impact strategist who helps innovative leaders continuously rebuild resilience in themselves and their teams in order to serve their mission and communities.

After two decades as a professor and administrator, Dr. Tamara works with leaders and teams to shift from overing and into reconnection with their purpose and values to make a positive impact in life, work, community, and with Earth.

## TESTIMONIAL

"The COVID-19 pandemic took a toll on most people working in the US and abroad. Folks are questioning and exploring their work and personal lives more closely than ever. **Tamara was able to help team members focus and center their thoughts and values.**

The praise I heard from our staff was overwhelming and heartfelt. **Folks really appreciated the organization supporting them in this way.** It made a significant difference and impact for many.

Leaders throughout our organization agreed that **Tamara's approach and philosophy was exactly what we needed."**

-Dr. Brett Perozzi, Vice President of Student Affairs  
Weber State University

**Resilience is how we respond, adapt, and transform ourselves to serve others.**

In a world of ongoing economic uncertainties, climate crisis, and inequities, **organizational leaders need to cultivate cultures of care to face the onslaught of adversities and low overall wellbeing.** Resilience is the missing key skill to create people-first leadership, genuine connection, authentic engagement, and community impact. **Resilient leaders and employees are vital to organizational mission and growth.**

## RESILIENCE TOPIC SAMPLES

*Available as keynotes, leadership trainings, and interactive workshops with additional mentorship coaching to develop leadership skills, resilience resources, and support.*

- Strategize Growth to Conquer Adversities
- Redesign Work as Value-aligned and Purpose-driven to Regain Motivation
- Boundaries: The Gatekeepers of Resilience
- A Call to Build Emotional Resilience in an Era of Climate Crisis
- The Key to Employee Retention is Meaning and Fulfillment