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**Nike's Former Leadership Development & Talent Strategy Head | Resilience Expert**

<https://www.kmprod.com/speakers/dr-taryn-stejskal>

## Bio

Speaker Dr. Taryn Marie Stejskal is a leading global authority on resilience and mental well-being. Previously the head of executive leadership development and talent strategy at Nike and the head of global leadership development at Cigna, she is now the founder and chief resilience officer of the Resilience Leadership Institute, where she is a trusted advisor for executives, athletes, and leaders across industries. Stejskal believes resiliency is key to individual and organizational growth and shows audiences how to harness it to fuel performance.

Leveraging more than two decades of original research on resilience, Stejskal developed the empirically based framework “The Five Practices of Particularly Resilient People” to make resilience accessible to all. LA Progressive magazine called her “the go-to person” and “a secret weapon” for organizations and teams who want to find their edge and rise above the competition. Stejskal’s ground-breaking work has been featured by *NBC News*, *Fox*, *Bloomberg Business*, *Thrive Global*, and *Forbes*, and her **TEDx talk** “How Resilience Breaks Us Out of Our Vulnerability Cage” has been viewed over 1 million times. [morelink]

## Topics

**Women, Wellness, and Worthiness: How to Achieve the Seemingly Impossible** [\[morelink\]](#)

**The Five Practices of Highly Resilient People: Why Some Flourish When Others Fold** [\[morelink\]](#)

**Resilience is a Team Sport: Resilience is the New Model for Personal Transformation, Team Engagement, and Retention** [\[morelink\]](#)

**From Burnout to Balance: Practices to Restore and Optimize Engagement** [\[morelink\]](#)

**How You Harness Resilience to Advance the Future of Work: Navigating Uncertainty and Ambiguity** [\[morelink\]](#)

**The Not-So-Surprising Link Between Resilience, Innovation, and Creativity: Making the Impossible, Possible** [\[morelink\]](#)

**How to Close the Confidence Gap: Three Proven Secrets to Boost Your Confidence and Eliminate Procrastination** [\[morelink\]](#)

To inquire about Dr. Taryn Stejskal's speaking schedule & [booking Dr. Taryn Marie Stejskal, contact us.](#)