What if your team saw opportunity in adversity?

With the disruption and anxiety caused by COVID-19, many leaders and their employees are struggling to preserve their well-being and sustain a resilient response to adversity.

Research demonstrates that there is much we can do to increase our well-being and resilience and that the benefits in the workplace are clear: better performance, greater creativity, self-motivation, positive interactions, and improved decision making, just to name a few.

This session will help you and your staff view adversity as a challenge and an opportunity for growth, and will provide specific tools to build resilience and enhance well-being.

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Jill Klein received her Ph.D. in Social Psychology from the University of Michigan in 1990. She then joined the faculty in the Marketing Department at Kellogg Graduate School of Management, Northwestern University. From 1997 through 2008 she was on the faculty at INSEAD. She joined Melbourne Business School in 2009, and Melbourne Medical School in 2015.

Jill teaches Well-Being, Resilience, Decision Making, and Leadership. Her research interests are cognitive bias in decision making both in business and medical contexts, anticipating and coping with medical error, and well-being within organisations. She has published widely, including in the British Medical Journal, Harvard Business Review, Medical Education, Journal of Business Ethics and Journal of Consumer Research. She authored the book, *We Got the Water: Tracing My Family's Path Through Auschwitz* and is currently writing a well-being book for medical students, *Thriving in Medical School*. She often appears in the media, and has had pieces published in *The Guardian*, *Australian Financial Review*, *The Age* and *Huffington Post*.

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