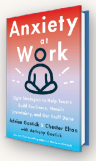
ADRIAN GOSTICK

New York Times, *Wall Street Journal* and *USA Today* Bestselling Author
Executive Coach and Keynote Speaker

KEYNOTE

ANXIETY AT WORK & RESILIENCE



Helping teams build resilience, manage uncertainty and get work done under pressure

Reduce burnout and raise productivity in high-pressure workplaces. Practical, non-clinical, and built on the research behind the bestselling book *Anxiety at Work*.

WHAT THE ROOM LEAVES WITH

01

Spot anxiety before it reaches burnout

How to read the hidden signs of exhaustion in a team, and what to do before it shows up in the numbers.

02

Create a culture of psychological safety

Build a workplace where people speak up, collaborate, and manage overload and uncertainty without fear.

03

Increase resilience to combat burnout

Tools leaders can use to beat perfectionism, manage overload, and keep teams focused on goals without grinding people down.

WHY IT LANDS

Half of workers today say stress and anxiety are hurting their job performance, and 70 percent say their top job stressor is their supervisor. Leaders have far more influence over workplace mental health than they believe, and none of this is clinical.

WHO IT IS FOR

Teams going through sustained change or who regularly tackle heavy workloads. This includes healthcare, financial services, technology, biotech and government audiences.

> *"I want to thank you for your impactful and energizing presentations. We were all extremely impressed with your ability to weave your work with our organizational challenges. Absolutely flawless."*
>
> LEADERSHIP DEVELOPMENT MANAGER · MICHIGAN MEDICINE

FORMATS & FIT

Keynote
60–90 minutes
In person, virtual or hybrid

Workshop
Keynote/workshop hybrid that keeps people engaged for up to half a day

Multi-day
Team coaching that can change a team culture

PLANNER ASSETS

adriangostick.com/meeting-planners

BOOKING

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