



## SPEAKING TOPIC 3

Title: Adapt to Beat Burnout: Thrive in the Face of Change  
*How learning to shift who you are can help you stay healthy at work*

Michael is certified as an Adaptability Quotient (AQ) Assessment professional practitioner and a Master of Creativity and Innovation Coaching and Recovery Coach, among other disciplines. As a recovering addict and neurodivergent person himself, he is deeply committed to helping others maintain their mental health using his expertise.

In this talk, Michael shows how embracing resilience can help us develop and maintain a growth mindset to help us powerfully innovate through the most extreme changes in our life and work. He also teaches us how to set flexible goals that allow for course correction and prioritize self-care to maintain peak mental and physical well-being.

With burnout being one of today's biggest work challenges, adaptability and resilience have become not just useful techniques but powerful survival skills for growth and success. Whether you're a leader guiding your team through transitions or an individual striving for personal evolution, this keynote equips you with the tools to strengthen your mindset, pivot with purpose, and seize opportunities amidst challenges.

Adaptability Beats Burnout will teach you:

- How the cutting-edge new Adaptability Quotient works.
- How burnout happens.
- The factors that compose AQ and how they are relevant to burnout.
- Steps to use AQ to combat burnout.
- Strategies to navigate change with confidence
- How to use stress to thrive and innovate
- Problem-solving skills useful in tackling unexpected challenges