**Title:** **Developing Resiliency after Adversity**

**Pillar – Power skills**

Broadsided by a pickup truck, Polly survived with a traumatic brain injury.

Unable to walk, follow simple conversations, or read words on a page, Polly had to turn on specific thoughts, beliefs, and behaviors to meet those difficult life challenges and to successfully get her personal and professional life back on track.

Now, as a motivational speaker, Polly brings her experience to the workplace to help corporate professionals benefit from her hard-won knowledge.

Hear an exciting keynote full of lessons that will move your audience to set attainable goals, approach struggles with a growth mindset, and meet life’s challenges with grace and strength.