

The Five Pillars of Resilience:

Boost Resilience, Overcome Obstacles and Reduce Stress

Resilience is not just a buzz word you hear in the news, it is a foundational survival skill and one of the most effective ways to lower stress, burnout and maintain adequate mental health. Despite this, the statistics are staggering. The World Health Organization has declared stress as the global epidemic of the 21st century. Approximately 80% of US workers now report feeling stressed in the workplace. The good news is that you can drastically reduce stress by increasing resilience, if the proper action steps are taken now.

What you will learn:

1. Simple tips to overcome any adversity, boost resilience and prevent burnout
2. Quick and actionable steps you can take every day to mitigate stress
3. The surprising strategy to control your mood and your mindset in minutes.
4. The most effective strategies for finding balance in life and work
5. The often-overlooked power of community and how to tap into the “village effect” to fend off stress and anxiety.

Bio:

Oumar Dieng specializes in using real-life examples of resilience and presents them in a way that entertains, educates and empowers his audience to live better. His presentations provide realistic, achievable and science-based solutions that lead to a happier and balanced life.

As a teenager, Oumar lived in a refugee camp after a deadly mob attacked his home and caused him to be separated from his family. He fled to another country where he reunited with his family and later went on to have a successful corporate career in the U.S., working for companies like U.S. Bank, Cargill, and the State of Minnesota as a Project Manager and a Sr. Business Analyst.

He is a TEDx speaker who has been featured in the popular press and shows such as The List TV, the Brooklyn Cafe Show, and numerous radio shows and podcasts and is the author of five books.

Oumar is also the host of the Motivational Voice, a podcast that teaches resilience, mindset and personal development: <https://oumardieng.com/episodes>