

SATURDAY KEYNOTE SPEAKER



The Art of Rising: Thriving While Treating Others

MARIA SIROIS, PsyD

Dr. Maria Sirois is a psychologist and seminar leader who teaches internationally in the intersection of resilience and flourishing. Known for her wisdom, authenticity and rampant humor, she brings invigorating practices and perspectives to business, community, religious, therapeutic and educational audiences alike. Sirois is the author of *A Short Course in Happiness After Loss (And Other Dark, Difficult Times)* and *Every Day Counts*. A master teacher, Sirois has been called an orator of great power and beauty. With thought-leader Dr. Tal Ben-Shahar, she co-leads a year-long certificate program in positive psychology. www.mariasirois.com

Positive Psychology, as the study of human beings at their best, brings to us the science of thriving. So much good can be learned from the tools and principles of this science that nourish growth, happiness and contentment. Yet, as clinicians, coaches, caregivers, and guides, we are called to thrive while in the constant presence of suffering. To do our work well we must learn to not only move toward practices that lift us, but those that strengthen us and bring us closer to our authentic selves. This is the territory of resilience. In our conversation, we'll consider where the study of resilience and positivity intersect and explore approaches that engender flourishing as well as an increased capacity for calm, clarity, uplift and vitality. And we'll discuss why moving toward a more authentic self is essential in elevating resilience.