



# Speaker Proposal: Cultivating Resilience

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**Reiki Master, Mindfulness Coach, Resiliency Buff & Speaker**



“Whether you realize it or not, you are resilient.  
It’s your birthright.  
As you take in your next breath, know this truth.”

**Fabio da Silva Fernandes**

**Podcaster**

**The Stumbling Spirit**

# About me

For most of my professional career, I worked in the tech industry as a customer support leader. Almost a decade ago, I began my mindfulness journey, incorporating the practice of presence into my life on a regular basis. In my pursuit of personal wellness, I attained several mindfulness certifications. In 2018, I started my Reiki training and have since become a certified Reiki Master and Teacher of this holistic modality. In 2021, I left my career in tech to launch my own wellness business called Resting Bell Wellness Inc., which is now branded under the name of my podcast, The Stumbling Spirit.

# Purpose & Value

In this post-Covid world, we are still feeling the aftershocks of isolation and the trauma of a global pandemic which cost the lives and well-being of many. Economic insecurity and the rise in socio-political divisiveness and bigotry also impact our capacity of resilience.

Resiliency is a skill built over a lifetime, deriving wisdom from our family, our own personal adversities, and the inspirational stories of others.

My presentation aims to:

- **Demystify the definition of resilience**
- **Help people identify resilience within themselves and their lives**
- **Explore the relationship between resilience and survival**
- **Show how our perception of reality influences our resiliency**
- **Demonstrate how we can cultivate greater resilience in our lives**

I will share personal experiences and insights, and highlight effective strategies to build resilience. This proposal is a sampling of what you might expect from my presentation.

# My Definition of Resilience

**Resilience** is a combination of characteristics and actions that support well-being and the desired outcome of overcoming unwanted circumstances, and it's the drive to continue trying.

There are certain qualities, such as courage and humility, which open a door for us to look within ourselves and connect with our truth to fully sense what we need at any given moment and to take necessary steps to facilitate changes and improvements in our lives .

Resilience is built over a lifetime and does not guarantee expected outcomes, but it is a pathway to learning, transformation, and discovering our purpose(s).

# What to know?

The word, resilience, itself can bring up uncomfortable emotions.

**01**

## **Resilience is personal**

One's understanding and capacity of resilience is different from person to person, and its foundation is often learned from family.

**02**

## **Nobody else's business**

Each individual's experience of resilience is unique and valid – our expectation of someone else's resilience is none of our business.

**03**

## **No excuse for judgement**

Do not judge the resilience of communities who deal with societal and systemic injustice and discrimination.

**04**

## **We all impact one another**

We can positively or negatively impact someone else's resilience.

# Three Parts to Resilience

There are three parts to resilience. If any of these are missing or unsustainable, then it will be difficult to overcome challenges and adversities.



## 1 Characteristics

- Courage, humility, self-awareness, adaptability, flexibility etc.



## 2 Actions

- Introspection, truth-seeking, mindfulness, compassion, planning, taking steps etc.



## 3 Outcomes

- Desire and drive to overcome unwanted circumstances

# Kinds of Resilience

There are areas of our lives where our resilience can be tested (both external and internal factors).

Here are 12 examples, which may overlap with one another (but there are much more).

**Academic**

**Professional**

**Financial**

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**Practical**

**Physical**

**Emotional**

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**Familial**

**Relationship**

**Community**

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**Mindful**

**Spiritual**

**Health**

# Presentation Fee

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Here is a high-level breakdown of the expected areas for which fees could be applied for a presentation. Cost considerations are based on time and materials.

Below are some cost considerations :

- **In-person vs. Online** – Fees for live in-person speaking engagements will differ from virtual presentations.
- **Preparation** – The time required to plan for a given presentation.
- **Content** – Creation of documentation, presentation etc.
- **Travel** – Including airfare, ground transportation, accommodation and meals for in-person presentations.
- **Duration** – The time allotment for the presentation itself.
- **Number of People** – Number of attendees at in-person event or online presentation.
- **Consultation** – Any pre or post presentation consultation for groups or organizations.



“This was Fabio's second time presenting to my students, & once again, he exceeded all expectations. Fabio's preparation & expertise were evident throughout his resilience cultivation session. His knowledge of mindfulness & meditation practices was both profound & accessible, & he brought an engaging, kind, & approachable energy to the classroom.”

**– Michelle Bancroft, MEd., BSc. Kin,  
Professor, Centennial College  
Toronto, ON, Canada**

# Contact me for more info.

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# Gratitude!

Thank you for considering me to present to your group or organization.

