

Becoming Antifragile

MOVING BEYOND RESILIENCE

We're making and keeping ourselves fragile. It's time to stop.



Bouncing back isn't enough anymore. It's exhausting and its burning us out.

We need to benefit rather than break from the ongoing uncertainty and disruption. We need to embrace change rather than resist it. To lean into challenge rather than avoid it. To learn to thrive through disruption and uncertainty by Becoming AntiFragile.

In this keynote we'll explore:

- Why we need to move beyond resilience
- What makes and keeps us fragile
- The one question to become more antifragile every day