



Clinical psychologist **Wayne M. Sotile, PhD** is the founder of The Sotile Center for Resilience and the Center for Physician Resilience, in Davidson, North Carolina. As an international thought leader on resilience for high-performing people, he consults widely with organizations interested in learning evidence-based strategies for deepening skillsets that foster coping flexibility, emotional intelligence, and the ability to grow through adversity ... all by honing their resilience E.A.R.™:

Energy Management, The Four Resilience Attitudes, and Relationship Skills. Dr. Sotile began studying and publishing about resilience in the 1990s. His trail-blazing resilience books include *Letting Go of What's Holding You Back!*, *Beat Stress Together*, *The Resilient Physician*, and *Thriving in Healthcare*. He has also published widely in the peer-reviewed medical literature, including featured articles in *JAMA*, *Journal of Bone and Joint Surgery*, *Mayo Clinic Proceedings*, *Journal of the American College of Cardiology*, *World Neurosurgery*, and *Clinical OBGYN*. His work is featured frequently in the national print and television media, including appearances on "Good Morning America," "Dateline NBC," "CBS This Morning," and more.

Dr. Sotile has delivered more than 8,000 keynotes and workshops, including addresses to educational institution faculty and students from...

James Maddison University

Wake Forest University

CREDO Higher Education Consulting

University of North Carolina - chapel Hill

Duke University

Mayo Clinic...

## Dr. Wayne Sotile

### Speech Topics

- ☐ University/College
- ☐ Teambuilding
- ☐ Resilience
- ☐ Peak Performance
- ☐ Overcoming Adversity
- ☐ Life Balance

