

Dr. Michael Cofield – *“Resilience: the Science of Health, Happiness and Higher Performance”*

Description: Resilience, or the ability to resist or “bounce back” from adversity, is highly related to every important aspect of success and higher functioning. This presentation will identify its core concepts and highlight four proven pillars shown to enhance it.



Dr. Michael Cofield is a Diplomat in Clinical Health Psychology with the American Board of Professional Psychology, and is a Fellow with the American Academy of Clinical Health Psychology. He has been a leader in the fields of Behavioral Medicine and Employee Counseling; an adjunct research scientist in the area of Alzheimer’s disease and related neuropsychological disorders; and holds advanced fellow status in Cognitive-Behavioral/Rational psychotherapy. In addition, he is a member of the American Psychological Association, National Academy of Neuropsychology and Society for Behavioral Medicine. Dr. Cofield is also a consultant, speaker, former martial arts instructor and champion, and instrument rated private pilot.