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### Resilience & You Archives Available

**June 21st 2021: Encore: Manifesting resilience  
with radical acceptance!**

How does resilience manifest when we embrace radical acceptance of the challenging or uncertain circumstances we find ourselves in? Find out in episode 4 when Dr. Julie Chesley, President, Chesley Group and Associate of SyncUp Leadership Group joins Beth in the resilience conversation! In this episode Julie will share her resilience transformation in radically accepting the beauty within each moment from lived experience in the Military, Academia & as a Parent navigating the mental health system!



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### Featured Guest



#### Dr. Julie Chesley

Julie A. Chesley, PhD, is the lead of the Chesley Group and also an associate of SyncUp Leadership Group. Her consulting practice focuses on transformative change and includes strategy development and implementation, executive coaching, leadership development, board governance, and culture change. Julie has been on the faculty and has served in leadership roles at the Graziadio Business School at Pepperdine University, the United States Air Force Academy and Colorado College. She has numerous publications including articles in California Management Review, Journal of Values Based Leadership, Journal of Change Management, Journal of Business Research and the Journal of Leadership Studies.

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