

## ***Build Back Stronger-The Power of a P.L.A.N. in the Face of Adversity***

Michael K. Jackson

Abingdon, Maryland 21009, USA

### ***Abstract***

After experiencing Michael's signature message, "Build Back Stronger: The Power of a P.L.A.N. in the Face of Adversity", audiences learn a proven 4-step "hurricane-proof" process to overcome obstacles in all aspects of their life, whether they are the result of a traumatic experience or every day stress. Participants walk away with specific tips, tools and techniques to build their emotional resilience and well-being, resulting in reduced stress and increased profits, productivity and peace of mind for them and their organizations.



### ***.Speaker Publications:***

1. "Purines: forgotten mediators in traumatic brain injury"; J Neurochem . 2016 Apr;137(2):142-53. doi: 10.1111/jnc.13551. Epub 2016 Feb 25.
2. Behavioral Interventions for Infant Sleep Problems: A Randomized Controlled Trial . Pediatrics 2016 Jun;137(6):e20151486. doi: 10.1542/peds.2015-1486.

[8th International Conference on Mental Health and Human Resilience](#); March 09-10, 2020 Rome, Italy

### ***Abstract Citation:***

Michael K. Jackson, Build Back Stronger-The Power of a P.L.A.N. in the Face of Adversity, Mental Health 2020, 8th International Conference on Mental Health and Human Resilience; March 09-10, 2020 Rome, Italy  
(<https://mentalhealth.insightconferences.com/abstract/2020/build-back-stronger-the-power-of-a-p-l-a-n-in-the-face-of-adversity>)

### ***Biography:***

Michael K. Jackson is a Caribbean American inspirational keynote speaker, author, and emotional resilience & well-being strategist. He has over two decades of business and government leadership experience. Over the last decade, he has conducted hundreds of presentations and trained and coached thousands of entrepreneurs, business owners and leaders from the U.S. and around the globe.

Michael has overcome significant challenges in his personal and professional life (including the sudden loss of his father when his home island of St. Thomas was struck by two back-to-back Category 5 hurricanes) that have prepared him to guide leaders along their success journey.

Michael holds the ATD Master Trainer and NASBITE Certified Global Business Professional (CGBP) credentials. He has MBA in International Business and a B.S. in Government & Politics/ International Relations. He is a husband, a proud father of 4 girls and a veteran of the U.S. Air Force