



ERIC HODGDON

*Embracing struggle is the pathway
towards resilience*

Since the loss of his daughter Zoi, Eric has been gifted with the opportunity to get in front of tens of thousands of kids, parents, school counselors, mental health professionals, doctors, corporate leaders & working professionals to help them build resilience and move past surviving, to thrive in life.

3 Takeaways



Identifying and working through our struggles is what builds resilience.



Navigating any struggle with a toolset called M.A.P.S.



A resilience toolset can be applied today!



Bio

Eric Hodgdon is Zoi's dad, as well as dad to two older and very artistic and musically talented stepchildren: Arminda and Christos. Eric is a speaker, author, trainer, and a warrior for resilience in memory of his dynamic daughter, Zoi. After losing Zoi in early 2014 to suicide, Eric vowed to fight for his family and all of his daughter's friends to find a pathway back to better days. Eric trains resilience leaders and others who are stuck in struggle, to rise above the noise, so they may thrive, and see the beauty in life again. Eric lives in the Boston area.

Visit Eric's website at www.erichodgdon.com for free resources and to learn about his resilience workshops, bestselling book "A Sherpa Named Zoi," and his new "GetUp8" podcast!

References

Eric has taken his personal experience and his humanity and become an important pillar of the Option B Community. I – like so many others – am inspired by his words and his insight.

Sheryl Sandberg
COO of Facebook and Founder of Option B

As a former Green Beret, I teach senior corporate leaders that resilient leaders are the most relevant leaders. Eric Hodgdon is the most resilient leader on the planet. He brings immense strength to every leader he trains!

LTC (Ret.) Scott Mann
Speaker, Trainer and Author and Creator



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