

# “Bounce Forward”

## 10 Mindset Shifts for Thinking Positive and Being a Resilient Leader

Courtney Runyon

Motivational Speaker | International Best-Selling Author | Positive Psychology Coach

Tuesday, December 13, 2022 | 11:00am-1:30pm | Hilton Costa Mesa  
Register online at [www.caioc.org](http://www.caioc.org)



Courtney had to learn a lot about resilience, positive thinking, and bouncing forward.

After being paralyzed from the neck down and losing her home, job, and relationship all at once -- there was a question she asked herself that changed everything, and became the driving force behind her resilient, reinvention of life.

Even though we are told to stay positive and to be strong, we’re not always taught HOW to be resilient, shift our mindset, or ask ourselves the right questions.

But after 4 years of blogging on the topic, coaching people nose deep in major life changes, and learning what it means to be resilient in her own life — Courtney has cracked the code.

Her 3 Secrets To Resilience has inspired organizations like Amazon and Samsung and her deep understanding of what it means to ‘think positive’ can transform the energy of any room.

We’ve all gone through major life changes that have knocked us off our feet the past few years, and it’s changed the way we do business and how we live our life.

Courtney offers 3 steps and 10 mindset shifts for overcoming the challenges paralyzing us. Her compassionate, humbled wisdom will leave you with a feeling of hope, unity, and an inspired vision for moving forward in business and in life.

This program was coordinated by: Michelle Caldwell of ePipe Restoration, Amber Dufault of Iger Wankel Bonkowski, LLP, Robin Kostka of Alan Smith Pools, Marc Roest of Precision Painting & Reconstruction and Sarah Roughan-Martinez of Andre Landscape.

### REGISTRATION RATES

Late registration after 12:00pm on 12/6/2022

#### Member Rates (early/late)

CAVL/HOA Board Member - \$45/\$60

Community Manager - \$50/\$65

Attendee - \$60/\$75

#### Non-Member Rates (early/late)

CAVL/HOA Board Member - \$60/\$75

Community Manager - \$65/\$80

Attendee - \$75/\$90

Is this your first time attending?  Yes  No

Company: \_\_\_\_\_

Attendee Name: \_\_\_\_\_

Additional Attendees: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Cardholder: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Verification Code: \_\_\_\_\_

Email completed form to [brandon@caioc.org](mailto:brandon@caioc.org) or fax to 714.479.1026

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**Cancellation/Refund Policy:** Reservations canceled after 12:00 pm on 12/6/2022 cannot be refunded. Any registrant not checked in by noon at the event will be considered a no-show and the Chapter has the right to open the seat for walk-ups. Any no-show registrant will be charged for his/her reservation.