



HRESILIENT 2025 · CONFERENCE

Lead. Adapt. Shape the Future.

(866) 440-0302 | letscatapult.org

Greetings,

Welcome to the Catapult Employers Association 2025 HResilient Conference. Every year, hundreds of HR professionals, executives, and leaders gather to share knowledge, grow their network, and hear from industry leaders.

You are here to explore the essential role HR plays in driving adaptability, fostering leadership, and enhancing well-being in times of disruption. Learn how to cultivate teams that thrive in change, build an inclusive and supportive culture, and harness cutting-edge digital tools to create a future-ready workforce.

This is the time to connect with like-minded peers, share strategies, and walk away with actionable insights that will drive your long-term success. Thank you for joining us at HResilient 2025, and together let's shape the future.



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Tuesday, April 22, 2025

8:30-9:15

Registration and Networking

9:15-9:30

Welcome

Cheryl Richards, PhD, CEO & President, Catapult Employers Association

9:30-10:45

Curing Adulthood: Your Prescription for Less Stress and More Success

Jason Kotecki, Co-founder, Escape Adulthood



Adulthood is an epidemic that can infiltrate even the best working environments, producing stress and instigating burnout. Left unchecked, Adulthood will eat your productivity, teamwork, and morale alive. Surrendering need not be an option, however. In this light-hearted but hard-hitting program, Jason will arm you with the fresh perspective you need to revitalize your passion for your work amidst the burden of doing more with less. He provides witty observations, humorous anecdotes, and real-world techniques that will entertain and inspire you to create a better harmony between work and home.

10:45-11:15

Break



Keynote



Virtual Option

11:15-12:15

Breakout

A Chance of Awesome: How Changing the Way You See Changes Everything

Jason Kotecki, Co-founder, Escape Adulthood



12:15-1:15

Lunch

1:15-2:15

Breakout

Crisis Management

Vanessa Vaughn Mathews, CBCP, MBA, Founder and Chief Resilience Officer, Asfalis Advisors



2:15-2:45

Break

2:45-4:00

The Future of Work is Here

Crystal Washington, Technology Trends Expert and One of Forbes' 50 Leading Female Futurists



Constant tech innovations, Gen Z entering the ranks, and a changing global marketplace were already radically redefining the face of the workplace. Then 2020 came to town and flipped the script upside-down. Technology strategist and futurist Crystal Washington shows leaders how they can keep an eye on the horizon, enabling them to not only survive, but thrive, as waves of change approach.

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Unbreakable: Building and Leading Resilient Teams

Dr. Bradley Kirkman, Professor, NC State



Join Dr. Bradley Kirkman, co-author of *Unbreakable: Building and Leading Resilient Teams*—recognized as Forbes' #1 Team Leadership Book in 2023 and a Top 5 Leadership Book in 2024—for an impactful session on fostering resilience in the workplace.

10:45-11:15

Break

11:15-12:15

Breakout

Building Resilient Teams Workshop

Dr. Bradley Kirkman, Professor, NC State University



Wednesday, April 23, 2025

12:15-1:15

Lunch

1:15-2:15

Breakout

HR Survival Guide 2025: Panel Discussion
Sarah Levitt, CEO and Executive Coaching



2:15-2:45

Break

2:45-4:00

Magnificent Leadership: Keys to Success
Sarah Levitt, Trusted Guide to the C-Suite
and Author



Join us for an inspiring and actionable session led by Sarah Levitt, renowned CEO, executive coach, and leadership expert, as she unpacks the secrets to exceptional leadership. Whether you're leading a small team or steering a large organization, this session will equip you with actionable leadership tools.

