

## **Survive and Thrive – A Quarterback’s Take On Managing Change In a Hectic World**

When change is apparent in or out of the workplace, mental fitness is a key component for managing it. It gives us the ability to care for ourselves and make sure we’re physically able to navigate the turbulent waters ahead.

We are all expected to be on the top of our game and take on the challenges that life presents to us. But managing them physically and psychologically can add another layer of stress. We are all too familiar with the stresses in life and the damage it can do to the biology and the psyche of a person. Resilience, solution oriented thinking, positive attitude and decision-making with a strong dose of purpose is the foundation for mental fitness. That doesn't mean that things won't go wrong, they often do in life, but just surviving is not enough, it is also about thriving.

In Eric’s engaging session attendees will learn how to:

- Understand the 5 components of stress control

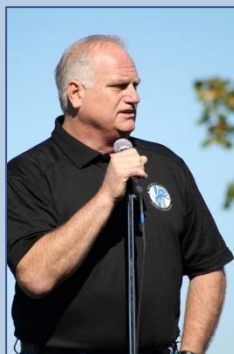
Predictability, controllability, trust, relationships, purpose

-Navigate the pillars of mental fitness

Recognizing choices, self-esteem, boundaries, vulnerability, communication, purpose

- Be aware of oneself and observation of others

Utilizing the tools of mental fitness, we can live and work with the motto “Survive and Thrive”.



## BIOGRAPHY

Eric Hipple is a former National Football League (NFL) quarterback whose ten-year career was spent with the Detroit Lions. Hipple's accomplishments include two playoff bids, a divisional championship, and the Detroit Lions most valuable player award for the 1981 season. He is currently ranked fifth in career passing yards for Detroit. From 1995-2000 Hipple was the color analyst for the FOX NFL pre-game show in Detroit. Since his 15-year old son Jeff's suicide, Hipple has devoted himself to building awareness around the stressors of life and the triggers that cause people to fail when change happens.

Hipple recently received the Detroit Lions Courage House Award in December 2010, the prestigious 2008 Lifetime Achievement award given by the American Foundation for Suicide Prevention and he also received a presidential citation at the American Psychological Association's 2006 Annual Convention for his six years of national community-based work combating adolescent depression and suicide prevention.

Eric speaks to organizations across the country about coping in stressful situations and provides tools and tips that can help combat a feeling of helplessness.

He also has been instrumental in forming collaborations between the NFLPA Former Players and the University of Michigan Comprehensive Depression Center as a destination site for evaluation and monitoring. Hipple currently serves as an outreach specialist at the University of Michigan Comprehensive Depression Center. He and his wife Shelly still reside in Michigan with daughters Taylor and Tarah. His Daughter Erica and her husband Ben live in Virginia.

