



Tricia Downing

When it comes to facing adversity, whether in the workplace or our personal lives, mental toughness is one of the most important assets an individual can possess. Being able to handle difficult situations with confidence and grace is a skill Tricia has learned through elite athletics and as the survivor of a tragic accident, which left her paralyzed from the chest down.

Known for her resiliency and positive spirit, Tricia helps people and organizations learn to navigate the events and situations, which threaten to take us out of the game, replacing anxiety, fear and stress with confidence and hope. She is well qualified to lead by example as she has made remarkable comebacks in both sports and her personal life.

She is the founder and Executive Director of The Cycle of Hope—a non-profit organization—helping female wheelchair users stage their own comebacks and redefine able. Additionally, she is a speaker, author and 2016 Paralympian.

Learn more about Tricia at <http://triciadowning.com/>

Tricia will be speaking on Monday, March 13 at 8:00 am. In addition, she will be a presenter on Monday, March 13 discussing her adaptive programs in Colorado.