

# A Flock of Black Swans | Coping and Resilience in Complex Times



In his 2010 bestselling book, Nassim Nicholas Taleb defined a “*black swan*” as an unpredictable event that is beyond what is normally expected and has potentially severe consequences. Black swans are rare, isolated, overwhelming events. They create a shock that may be difficult to quickly rebound from, some cause lasting damage. But what happens when all the black swans come home to roost at the same time? Covid-19 and monkeypox, the war in Ukraine, a volatile economy with inflation and shortages, political tensions, and intensifying climate-fueled natural disasters? How do we cope with everything hitting at the same time?

The most recent American Psychological Association (APA) *Stress in America* survey reported that 87% of U.S. adults feel there has been constant stream of crises without a break over the past two years, and 74% say that they are overwhelmed by this flock of black swans. Humans are not wired to tolerate chronic, repetitive stress as well as coping with single, sudden shocking events. Chronic stress is exhausting; it grinds people down physically and emotionally.

Given this confluence of events and the compound effect of multiple stressors, how can individuals and organizations cope? Our ideas about coping and resilience may need to be re-calibrated to meet the challenges of a flock of black swans. This one-hour presentation will introduce participants to the types and sources of compound stress; the impact of compound stress on wellness and performance; and strategies and techniques of coping and resilience. A copy of the PowerPoint slides will be provided to participants.

**DATE: September 27, 2023 | TIME: 1:00-2:00 PM**

**Registration is Required. Register at:**

[https://us02web.zoom.us/webinar/register/WN\\_jq8C\\_YDHTIKYNVpeVlcOMA](https://us02web.zoom.us/webinar/register/WN_jq8C_YDHTIKYNVpeVlcOMA)

## ABOUT THE INSTRUCTOR

**Steve Crimando, MA, CTM**, is the founder and director of the Homeland Security Human Factors Institute™ at Behavioral Science Applications LLC. He is an internationally known emergency behavioral health clinician, educator, and responder. With more than 30 years of frontline field experience, Mr. Crimando was deployed to the 9/11 and 1993 World Trade Center attacks, the Northeast anthrax screening center, and many other disasters and acts of terrorism. He is a published author who is frequently called upon by the media and the courts as an expert in crisis intervention. He provides training and support to multinational corporations, law enforcement, intelligence, and military organizations, as well as NGO’s, such as the United Nations.