

PHRA Conference Keynote Podcast



Heather Rendulic

Finding Beauty in the Chaos

Podcast Highlights

Heather Rendulic wants to live in a world where everyone feels empowered when they face life's challenges. She knows how hard life can get. As a young stroke and brain surgery survivor, she learned the tools needed to become an overcomer. When she's not working as a Human Resources Professional, Heather is sharing her message of hope as a motivational speaker/mentor and sharing the art of [finding beauty in the chaos](#).

Tips to find the beauty in chaos:

- Consistency and a game plan are essential when addressing matters that are out of our control. This helps to look to the future and to not settle for the temporary solution.
- Don't ask yourself why is this happening? You must choose to change your mindset and look at chaos as an opportunity and a way to grow.
- In the long-term you will look back at the "frustration or chaos" and see how far you have grown.
- You need to face chaos with a growth mindset and the goal to continuously improve so that good can come overtime.

How do you achieve a growth mindset?

- It's a choice, you're going to have days where everything seems gloom. You're allowed to have feelings of gloom; you just can't stay in the moment of gloom. You need to choose to look at the bigger picture and to look at it as an opportunity to continuously improve.

- Ask yourself, “what am I going to gain from this experience that I didn’t have before”, that's the part of finding the [beauty in the chaos](#). Look past the rubbish and look to the positives for the future.
- You are never alone when presented with tough times, find your allies.
- Everything is an opportunity.
- Put the power in your hands.

How do you leverage relationships and collaborate with others?

- We all go through hard times whether personal or professional and one thing we have in common is we can't control the chaos, but we can control is how we react.
- Leverage your coworkers, your team, your family, and friends.
- Find a mentor that can be a soundboard to you and provide advice based on their own experiences.
- Your network is out there - collaborate with everybody.
- Look at every meeting as an opportunity to connect with that person and to grow a relationship.
- Communication creates openness to support one another either personally or professionally.
- We are not alone on our personal or professional journey.

How can we be proactive for anything come our way tomorrow?

- Start working on a creating growth mindset mentality for your personal and professional life.
- We can't predict the future however we can be proactive with our planning.
- Create a better culture for your employees so your organization is prepared for the challenges of tomorrow.
- Build a network of trust.

Thanks for listening, we hope you will join us at the [PHRA Annual Conference on September 27th and 28th](#). If you haven't registered, please be our guest and use the **Promotional Code 50-OFF** to receive **\$50 off your conference ticket**. *This offer is only good for registrations received after 8/23/2022.*

P4's host and PHRA volunteer [Pete Schramm, Founder & CEO, Lattitude](#), is dedicated to building better businesses in Pittsburgh through modern approaches to managing people, making connections, and discussing the most important topics impacting people in the workplace.

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