

What is resilience?

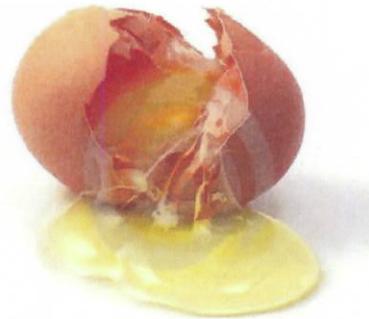
Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity.

It is built through a set of core competencies that enable mental toughness, optimal performance, strong leadership, and goal achievement.

You



Not You



Resilient people bounce back from life's adversities – not break!

Identify Your Top Character Strengths

Master Skills to Strengthen Relationships

Learn Core Competencies

Self Awareness

(Identify thoughts, emotions, behaviors and patterns in thinking)

Self Regulation

(Regulate impulses, emotions and behaviors to express emotions appropriately)

Optimism

(Hunt for what's good, identify what's controllable, maintain hope and remain realistic)

Mental Agility

(Think flexibly and accurately; identify and understand problems)

Strengths of Character

(Knowledge of character strengths and how to use them)

Connection

(Strong relationships, positive and effective communication)