

Resilience is:**To Bounce Back:**

The ability to bounce back after hard times and find or create a way to move forward.

To Overcome Obstacles:

To overcome the obstacles of the past, such as a broken home, poverty, emotional neglect or physical abuse.

To Steer Through:

To steer through the everyday adversities and not to allow the daily tribulations of life to interfere with productivity and well-being.

To Reach Out:

To find renewed meaning and purpose in life and to be open to new experiences and challenges.

Who needs resilience?

Everyone needs resilience:

- People who are struggling to cope because of negative events, will significantly improve their coping abilities.
- Increased resilience will significantly benefit people who are already doing well at work and in their relationships.
- Resilience is not an either / or trait. It's a continuum, and no matter where you fall on that continuum today, you can increase your ability to rise to life's challenges with perseverance and vigor.

How can resilience help you in everyday life?

- Resilience helps you to meet the needs of your job and still have time and energy for your family.
- Resilience helps you to make quick and tough decisions in moments of chaos.
- Resilience turns victims into survivors and allows survivors to thrive.

Resilience transforms

- Hardship into challenge,
- Failure into success,

- Helplessness into power.

Anyone can master resilience!

You need to learn how to release and develop your resilience. We want to accompany you on a voyage to release your resilience!

- **High Resilience = Power**
- **Low Resilience = Helplessness**