Resilience: Building the Skills & Realizing the Capability

Resilience is the ability to find a new path forward after a setback, loss or tragedy.

**Benefits...**
- Reduced Stress
- Better Choices
- Role Modeling
- Improved ability to access hope, a vision for the future
- Equanimity
- Ability to access joy
- Greater compassion

**Key Aspects...**
- Perspective
- Adaptation
- Grief
- Introspection
- Emotions (EI)
- Transcendence
- Personal Growth
- Community
- Purpose

**The Heroes ...**
- Rick Hanson, Wayne Dyer, Michael Singer, Eckhart Tolle, Brene Brown, Daniel Goleman
- Joseph Campbell’s Hero’s Journey
- Viktor Frankl
- Imaculee Ilibigiza
- Spiritual Traditions
- Hand on Heart practice

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