

The Remarkable Attribute Called “Resilience”!

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CENTRAL CONCLUSION:

**The world and its inhabitants are
REMARKABLY resilient!**

“More than education, more than experience, more than training, a person’s level of resilience will determine who succeeds and who fails. That’s true in the cancer ward. It is true in the Olympics and it’s true in the boardroom.”

Diane Coutu, Harvard Business Review, May 22, 2002

Strategy #1:

ATTITUDE IS EVERYTHING!



Strategy # 2:

**MOST PROBLEMS ARE
SOLVABLE!**



Strategy # 3: Remember two powerful words:

“THANK YOU!”

“Find the good and praise it.”

Alex Haley, author

Strategy # 4: LAUGH OFTEN!

“The human race has only one really effective weapon and that is laughter!”

Mark Twain

Finally:

FOCUS YOUR DREAMS!

To Strengthen Resilience:

- Attitude is everything!
- Most problems are solvable!
- “Thank you”!
- Laugh often!
- Focus your dreams!

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