

What is resilience? Why do we need it? And, how can we get better at it?

Life is full of ups and downs and often we find ourselves scrambling to tread water way more than skillfully navigating the waves. Resilience is the key to sailing through storms. Research demonstrates that resilience is a teachable mindset and skillset that few people are taught, but everyone needs, especially during life challenges and times of change. You can't remove all stress from your life, but you can learn how to stress well!

Building a resilience skillset and mindset together are a recipe for wellbeing, adaptability, success, productivity, and engagement. Resilience training brings skills and tools based on positive psychology research and neuroscience that you can apply in practical ways in your everyday life.

Improving your resilience skills will help you better manage internal and external stressors, strategically solve problems, and handle whatever life throws your way with a champion mindset.

Resilience is defined as.....



....the capacity to bounce back from difficulties.



....the ability to persevere in the pursuit of one's goals despite obstacles and setbacks.



.....the ability to 'stress well' and flourish amidst change, conflict, and uncertainty.

Organizational resilience is defined as....

.....a measure of a business's capacity to not only survive change but thrive on it.

