



Never give up!

Resilience

Resilience			
Overcome difficulties	Recover	Seek assistance	Identify strengths/weakness
<ul style="list-style-type: none"> • Alternative solutions • Determination • Willing to take risks 	<ul style="list-style-type: none"> • Learn from mistakes • Not being afraid to have a go • Bouncing back • Critical thinking • Problem solving • Self esteem 	<ul style="list-style-type: none"> • Guidance • Support • advice 	<ul style="list-style-type: none"> • self-awareness • focus • prepare and plan