

# HOW TO BECOME MORE RESILIENT WITH RESILIENCE TRAINING?



# DEVELOPING AN EXPLANATORY, OPTIMISTIC, AND UPBEAT STYLE



# DEVELOPING AN INTERNAL SENSE OF CONTROL WHEREIN YOU BELIEVE YOU CONTROL YOUR LIFE



# DEVELOPING AN ADAPTABLE AND FLEXIBLE NATURE WHILE KEEPING YOU FROM BECOMING RIGID OR INFLEXIBLE



# DEVELOPING CONFIDENCE WHEREIN, YOU BELIEVE YOU'RE WORTHY AND HAVE VALUE



**CREATING A SENSE OF EFFICACY WHEREIN,  
YOU BELIEVE YOU CAN COMPLETE  
DOING WHATEVER YOU STEPPED INTO**



# LOOKING FORWARD TO CHALLENGES AND ENGAGING IN LIFE



**CULTIVATING MEANING IN LIFE,  
POSITIVITY, AND WELL-BEING.**



**GET IN TOUCH TO KNOW MORE:**



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