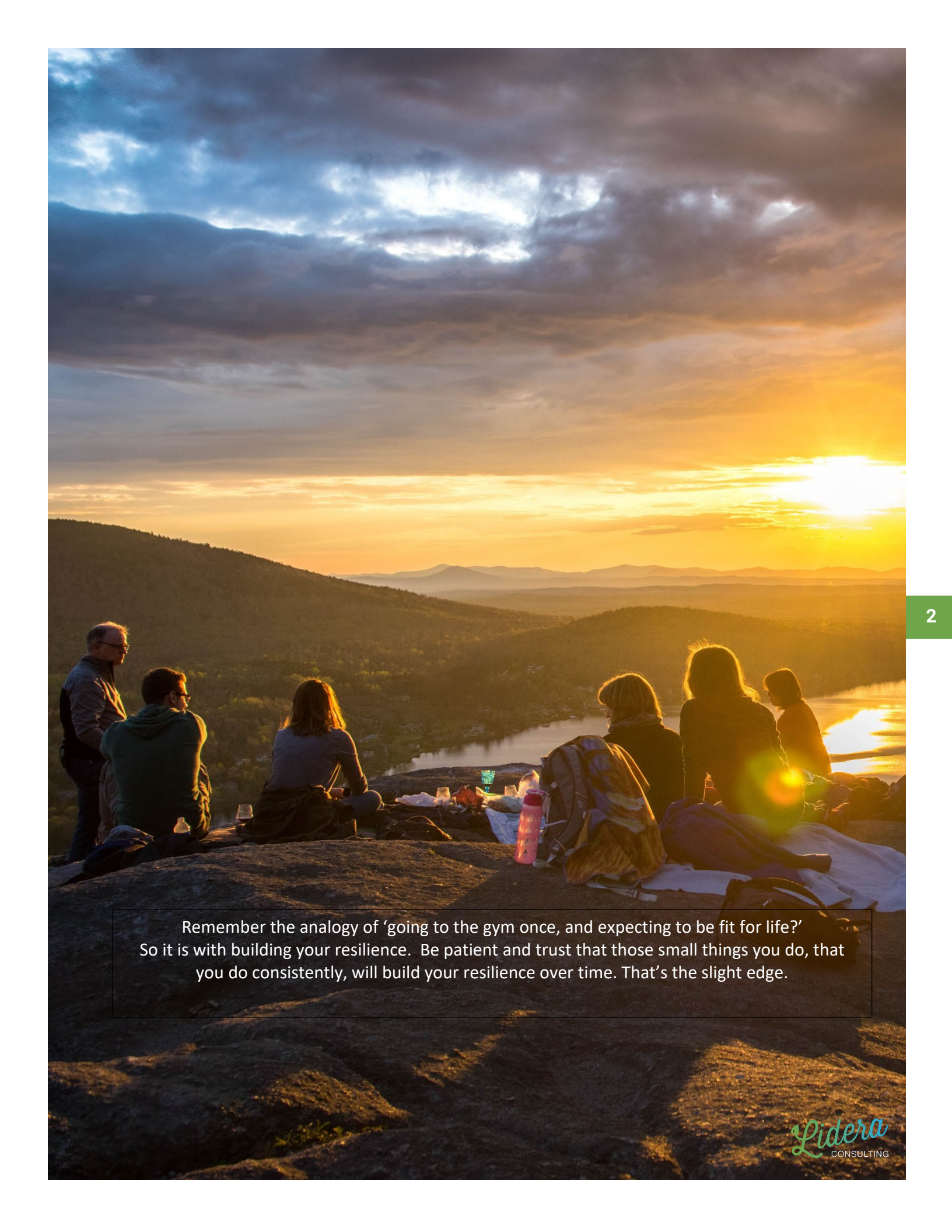


Tying It All Together



**How to Re-Boot
your Resilience**





Remember the analogy of 'going to the gym once, and expecting to be fit for life?' So it is with building your resilience. Be patient and trust that those small things you do, that you do consistently, will build your resilience over time. That's the slight edge.

Tying it all together

01.

What is one thing that has stood out for you during this course?

02.

What have you found most valuable?

03.

What is one thing you will commit to, to build your own resilience?

04.

What might get in your way?

05.

What will you do to overcome that challenge?

06.

Who can you ask to support you?

*"We are what we repeatedly do
Excellence, then, is not an act, but a habit."
Aristotle.*