

RESILIENCE

Definition



- Resilience is an individual's ability to adapt, persevere, and bounce back in the face of challenges, setbacks, and adversity.
- It is the capacity to maintain one's composure, problem-solving skills, and performance levels during times of stress or uncertainty.
- Resilient people demonstrate emotional intelligence, a growth mindset, and the ability to learn from failures, navigate turbulent situations, recover from setbacks, and continue to contribute effectively.
- Resilience helps individuals cope with pressures and achieve personal and career growth, making it a valuable trait in achieving long-term success.

Why Is It Needed?



- Resilience is essential because it enables individuals to thrive amidst the ever-changing and often challenging circumstances of the modern workplace.
- It equips people to effectively manage stress, overcome setbacks, and maintain high levels of productivity and well-being.
- It fosters adaptability, innovation, and the ability to learn from failures, all of which are crucial for personal and professional growth.
- Resilient people are better equipped to maintain positive relationships and enhance their overall career success.

Impacts if you Don't have it

Decreased Performance



Burnout



Career Stagnation



Mental Health Issues



Strained Relationships



Reduced Problem Solving



Reduced Innovation

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